

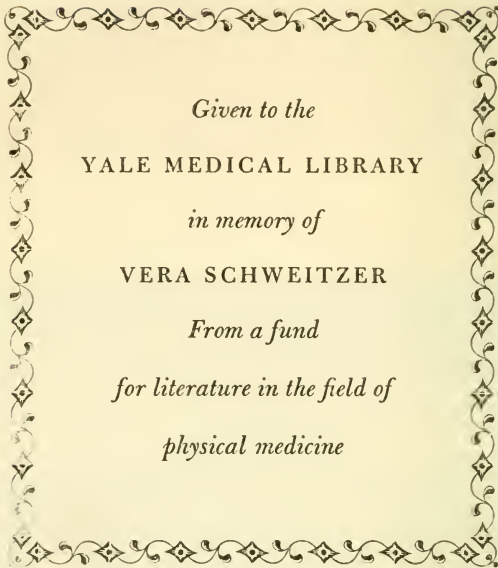
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KISSINGEN

BY  
DE GRANVILLE

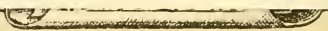
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# KISSINGEN,

ITS

## SOURCES AND RESOURCES.

WITH OBSERVATIONS ON THEIR USE AND EFFICACY

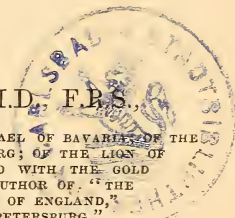
IN

THE TREATMENT OF DISEASE.

BY

A. B. GRANVILLE, M.D., F.R.S.,

KNIGHT OF THE ROYAL ORDER OF ST. MICHAEL OF BAVARIA; OF THE  
ORDER OF THE CROWN OF WÜRTTEMBERG; OF THE LION OF  
ZAEHRINGEN OF BADEN; DECORATED WITH THE GOLD  
FREDERICK MEDAL OF PRUSSIA; AUTHOR OF "THE  
SPAS OF GERMANY," "THE SPAS OF ENGLAND,"  
"THE SPAS REVISITED," "ST. PETERSBURG,"  
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## PUBLIC BUILDINGS.

- A. The Kurhaus, (\*) Stables, and Coach-house.
- B. The Kursaal.
- C. c. c. the Arcades.
- D. Krug Magazine, and Reservoirs.
- E. New Lutheran Church.
- F. Hotel de Justice or Governor's House.
- G. English Church.
- H. Stadt Kirche.
- K. Rathaus or Town Hall.
- L. Hospital.

## PHYSICIANS' RESIDENCES.

- M. Dr. Maas.
- N. Dr. Balling.
- O. Dr. Welsch.
- P. Dr. Dirpf.
- Q. Dr. Boxberger.
- R. Dr. Pfiem.
- S. Surgeon Linhardt.
- T. Dr. Granville.

## HOTELS AND RESTAURATIONS.

- I. Hotel de Russie.
- II. Hotel de Bavière.
- III. Hotel de Saxe.
- IV. Pension Anglaise. Boarding-house, late Sanders.
- V. Wittelsbacher Hof.
- VI. Englische Hof.
- VII. Weingärtner.
- VIII. Belle-Alliance (Carl Sauner).
- IX. Belle-Vue Garden and THEATRE.
- X. Summer Casino.
- XI. Oel-Mühl.

## THE SPRINGS.

- a. Ragozi
- b. Pandur
- c. Maxbrunnen.
- d. Fresh Water Spring.

## PUBLIC ESTABLISHMENTS.

- e. Post Office for letters and horses.
- f. Apotheke.
- g. Jugel's Reading Room and Library.
- h. New Riding House.
- k. Cold Water River Baths.
- l. l. The Bazaars.

## PRINCIPAL LODGING HOUSES.

- 1. Adam Hailmann.
- 2. Betzer.
- 3. Hemerich.
- 4. Cornelius Heile.
- 5. Baron Von Hess.
- 6. Rehm.
- 7. Hepp.
- 8. Zoll.
- 9. Guck.
- 10. Beyer.
- 11. Rieger.
- 12. Fischer.
- 13. Pfirang.
- 14. Carl Heile.
- 15. Hamelmann.
- 16. Pülf.
- 17. Karch.
- 18. (bis) Lanbreis.
- 19. (bis) Winterstein.

- 20. Ströhlein.
- 21. Weber.
- 22. Morber.
- 23. Bergmann.
- 24. Lutz.
- 25. Zushlag.
- 26. Lokinger.
- 27. Landensack.
- 28. Sotier.
- 29. Gobel.
- 30. Kraus.
- 31. Streit.
- 32. Reichertshouse (Rev. Mahaffy, the minister of the English Church.)
- 33. Rüd.
- 34. Fries.
- 35. Zehntmeyer.
- 36. Kleinhens.
- 37. Diehm.





# INTRODUCTION,

NECESSARY TO BE READ.

---

KISSINGEN is gloriously on the ascendant. Among the most popular spas of Germany in the present day, with the exception of two or three well-known bathing places, to which strangers are allured by the temptation of pleasure, Kissingen bears away the palm of superiority — a superiority dependent on the extensively tried and confirmed efficacy of its mineral springs, and other local resources against almost every form of chronic disease that is known to afflict the two sexes.

Kissingen, thus viewed, stands indisputably at the head of the healing spas. Destitute of all adventitious attractions, such as dissipation, high living, and intrigue, another example is not to be found throughout Germany of a watering

place having, in the short course of nine years, become the annual *rendezvous* of many hundred English families, principally of the select and highest classes who repair to it, in full expectation (encouraged by public report) of having restored to them that greatest of blessings HEALTH.

The late Dr. James Johnson, who some years after the publication of my large work on "The Spas of Germany," followed in my wake, with a volume of his own on the same subject, (as he did subsequently with his book on the Springs of England, after my other work "The Spas of England,") speaking of Kissingen, to which place he paid a visit of a few hours, observed, half in earnest and half in jest, that, "Kissingen was comparatively a young cub among the great spa lions of the continent," adding at the same time, "it is one likely to attain an immense size."

The Doctor's anticipation has been realized. The cub has since been licked into shape and has become a full-grown lion truly; and it behoves him who first introduced it to the notice of the public in this country, as a *yearling* worthy of being nursed and petted, (in company with all the rest of the full-grown spa lions of



Germany,\*) to exhibit it now as an animal of mature age, deserving of admiration and countenance for its fully developed and striking qualities.

Such is the duty I have undertaken to perform on the present occasion.

With the exception of one year since the publication of the original edition of my "Spas of Germany" in 1837, giving the first account that appeared in this country of the Kissingen waters, it has been my practice to visit annually that spa as a resident physician for about ten weeks, from the end of June to the middle of September, the best season for drinking its waters, after which I return to my post in London.

During this period, I have had occasion to

\* "The profession and the public are deeply indebted to Dr. Granville for opening wider and clearer views of the continental waters." "As far as the Spas of Germany are concerned, his work is full of information."—(Dr. James Johnson's Pilgrimage to the Spas. 1841.)

"The mineral waters of the Continent, though occasionally visited by British invalids, were little known in England, until the notice of the public was directed to their therapeutic agency by the elaborate work of Dr. Granville, first published in 1837."—(Sir Alex. Downie's Treatise on the Efficacy of Mineral Waters. 1841.)

take charge of the larger proportion of the English invalids, who, in yearly increasing numbers, frequent that place.

Of these the greater part were advised to repair thither by myself during my professional intercourse of many years with patients in the metropolis, whether as a physician accoucheur, or subsequently as a general physician. From the previous knowledge I thus gained of the nature of their case, I was able with confidence to recommend the mineral water and treatment at Kissingen. In very few instances indeed have the expectations of these patients been disappointed or the promises of the physician proved vain.

Another portion of invalids have visited Kissingen from this country, sent by London and provincial practitioners, who either from written or hearsay evidence, and a few from ocular demonstration, had acquired a conviction of the medical efficacy of its waters.

The cases of most of these patients came likewise under my notice, and the justice which was done to them, as far as I was able to ascertain subsequently, had met with the approbation of their medical advisers.

Lastly, a few of the suffering visitors who have repaired to Kissingen went on the faith and re-

presentation, either of my own or of the late Dr. James Johnson's professed works on the Spas. They brought no more than their ailments with them, without any professional statement or opinion on the nature of their complaints.

Their cases, therefore, had to be investigated and studied, as well as followed up. As far as they have fallen under my consideration, the majority of these invalids also have had occasion to rejoice that they had directed their steps to Kissingen.

The aggregate of the three preceding classes of patients presents, at the end of nine years' experience, a total number of about seven hundred select examples of chronic disorders, varying in kind, which I have carefully noted, arranged, and indexed from year to year, so as to be able to refer to any of them, when necessary, in furtherance of any legitimate object of professional inquiry.

On looking back to this accumulated mass of disease affecting the two sexes, and including so many varieties, it is impossible to deny the justice and right feeling of those who contend, that a physician's medical education is imperfect, which includes not a knowledge of surgery and of another branch of practice specially referable to female complaints.

Of the latter description many examples are to be met with in the vast number of cases that engage the attention of the spa-physician at Kissingen, and not a few others, in either sex, are combined with surgical maladies. The favourable result, therefore, which has attended the treatment of those referred to in these pages, not to say the facility in treating them may, in my own case, be ascribed in a great measure to the circumstance, fortunate for myself, of my having served some years as surgeon in the Navy, and of having afterwards conducted the practice of three Lying-in Institutions in London for a period of twenty years.

Could the young aspirant to the honour of a Doctor's degree, be made aware of the inward satisfaction which a knowledge of the various branches of medicine so combined, imparts to the practitioner, and the many gratifying results to which it leads,—the late attempt at a farther preposterous subdivision of public medical bodies in this country, made under the pretence of medical reform, but since justly scouted and abandoned, would never have been made. On the contrary, a plan would have been adopted for the education of a complete physician which, in common with many good men and true, I had

the honour to propose and afterwards to advocate in my "First Oration on Medical Reform," delivered before the British Medical Association, in 1838, and by them published, though subsequently departed from, in all its principal points, by the few remaining leaders of that Society, who sealed in that attempt their own extinction.

Reverting now to the three groups of invalids, who may be said to form the general mass of those who leave England for Kissingen; it becomes interesting to know of what particular maladies they have been cured by its mineral waters. These I will proceed to enumerate under four distinct heads, as ascertained by my note book.

The first, and not the least inconsiderable class of diseases I have treated, were those which arose from indigestion, commonly so-called, or from functional irregularity, extending sometimes to organic derangement of the liver, or from habitual constipation requiring the constant use of purgatives, with its attendant consequences headaches, rheumatic gout, tic douloureux.

As I happen to mention "constipation," (I mean that obstinately inveterate condition of the larger intestines, which renders necessary the daily employment of medicines or artificial con-

trivances so prejudicial to health,) I may at once state, in the most unqualified manner, that I am not aware of any other mineral water treatment which has proved more successful than the one pursued at Kissingen, for the complete removal of so distressing a habit of body. Although, *per se*, the Kissingen waters are not purgative, their steady effect on the intestines at the end of four or six weeks, is such, that patients will not require for a twelvemonth after the aid of any aperient; so completely are the natural powers of the stomach restored to their normal condition. Many individuals walking about the streets of London in the present day can testify to the accuracy of this statement.

I next come to the second class of diseases, in which I witnessed the good effect of Kissingen, and these were such as proceeded from general debility after exhaustion, or from prostration of the nervous system, particularly in females, and after great losses of blood, or general discharges.

The third class embraces every variety of disturbed circulation in females, and its disappointing effects in the married state.

Fourthly and lastly, I have treated at Kissingen, diseases of the skin, dependent on a



faulty assimilation of food, and its consequent result "impurity of blood."

Chemistry has now demonstrated, that our blood changes its character according to the disease by which we are affected. The expression, therefore, of "impurity of blood," which medical men in later years had rejected as a *dream* of the older physicians, must now be admitted as correct, and should always be taken into consideration by the practitioner who is desirous of doing justice to his patient. We know that by the process of absorption many elements of "impurity" are thrown into the general mass of the blood. These by their presence must vitiate its healthy condition. What morbid effect may not then be expected to arise, sooner or later, from such a state of things?\*

\* In the year 1819-20, I published a work on the nature and use of Prussic Acid, which was then for the first time introduced into the practice of medicine in this country: and the public knows how that medicine has since been largely and successfully applied to the relief of many diseases for which I recommended it. In that work there was a passage in which I stated that certain cases of consumption of the lungs depended on "impurity of blood." It is amusing to read now the various scoffings and sneers to which I was subjected by the then medical reviewers of the work in question, for holding the opinion that the blood could be impure. They said I was about to revive the gross errors of the *old women* of the humoral school of medicine of by-gone ages.

If such be the case, is it too much to suppose that the taking into the system of a large quantity of water charged with substances known to act chemically on the animal fluids, will correct and ultimately remove altogether from the circulation every trace of impurity? My experience of nine years at Kissingen enables me to assert most unequivocally that such is actually the case as regards the power of these mineral springs.

I am not of the number of those writers on Kissingen who view its waters as a universal panacea, and who have not hesitated in their writings to ascribe to them the virtue of successfully combating every possible disease of the human frame.

Far from it. Truth rather demands that the public should be warned against the use of these waters in very many disorders of the human frame, as likely to aggravate and not to cure them; proving injurious rather than beneficial.

There are, however, two other sub-divisions of maladies which have found their remedy at Kissingen, and which are not embraced by the four classes enumerated above. One has been touched upon by preceding authors; the other has scarcely been adverted to by any of them. Of

the latter, I made an especial study, owing to the frequent opportunities afforded me of seeing and treating the complaints.

The remedy applicable to both is neither the *Ragozi* nor the *Pandur*, those springs of Kissingen *par excellence* : but the “Maxbrunnen,” the humble and unpretending Maxbrunnen, which my predecessors have hardly raised to the rank of a remedial agent, viewing it rather as an agreeable drink. This, however, I hold to be a most effectual remedy in complaints of the kidneys and other urinary organs, and in these I have used it with the greatest success.

As an *attenuant* in cases of thickness of blood, fulness in the head, or congestion of the spleen, and again, in accumulations of phlegm in the bronchial passages, irritation of their mucous lining, and hectic cough, the Maxbrunnen deserves equally a special consideration, which it shall receive in the present volume.

I confess I entertain a great partiality for this water, and I rejoiced to find on my return home last year, that its introduction into this country for the purposes first pointed out, and insisted upon by myself in my practice at Kissingen, is becoming more and more general.

In alluding, as I have done, to the especial efficacy of the mineral waters drunk at Kissingen-

gen, it is not to be understood that in this alone consists the value of the spa. The water-drinking is only a part of the curative resources which the place affords, and its sphere of utility will be found, on perusing the present Manual, to extend to several agents not to be met with at other watering places.

No inconsiderable portion of the great and increasing reputation which Kissingen has acquired since the publication of my first account of it, has proceeded from the combination of several appliances, found ready at hand in the place, and properly employed in the cure of diseases.

I have taken care to point out these as fully as they deserve in the following chapters, and to do justice to their importance.

Statistics are now the order of the day. From them and from no other source will some people condescend to accept inferences and conclusions.

As far as my own experience of Kissingen, in reference to the treatment of disease, is concerned, statistical facts are not wanting to support the conclusions to which I have arrived in the course of this Manual. Such as I found them in my volumes of medical notes, I here present to my readers, leaving them to judge of their applicability.

		Seasons. 1837, 8, 9.		Seasons. 1840, 1, 2.		Seasons. 1843, 4, 5.		Total of each disease and of cures in nine seasons.		Comparative state- ment of the English, with the total number of visitors in each season.			
		No.	Cured.	No.	Cured.	No.	Cured.	No.	Cured.	Sea- sons.	No. of visi- tors.	Eng- lish.	Total visitors in ten seasons, 37,398. Total Eng. visitors in ten seasons, 3,699.
1st CLASS.		5	5	11	10	18	16	34	31	1836	2060	3	
Stomach		5	4	14	12	20	18	39	34	1837*	2335	53	
complaints.		20	18	23	27	31	30	79	75	1838	2347	154	
		6	3	10	9	14	11	30	23	1839	3959	340	Total visitors in ten seasons, 37,398. Total Eng. visitors in ten seasons, 3,699.
		3	2	7	4	9	7	19	13	1840	3252	428	
		2	1	4	2	7	4	13	7	1841	4067	430	
										1842	4414	536	
2nd CLASS.		8	7	12	9	23	21	43	37	1843	4619	635	* The "Spas of Germany," were pub- lished in the spring of this year.
Nervous		6	4	11	6	17	13	34	23	1844	4706	541	
complaints.		10	9	19	17	27	24	56	50	1845	5139	579	
		17	16	22	20	31	29	70	65				
		5	5	7	5	9	6	21	16				Total visitors in ten seasons, 37,398. Total Eng. visitors in ten seasons, 3,699.
		6	6	15	8	6	3	30	17				
		13	11	9	8	5	2	27	21				
3rd CLASS.		16	14	26	19	28	21	64	54				* The "Spas of Germany," were pub- lished in the spring of this year.
Female		13	13	28	23	37	32	84	68				
complaints.		4	2	7	4	5	3	16	9				
		30	27	33	30	29	23	92	80				
		6	5	5	4	8	6	19	15				* The "Spas of Germany," were pub- lished in the spring of this year.
4th CLASS.		3	3	6	6	11	10	20	19				* The "Spas of Germany," were pub- lished in the spring of this year.
Cutaneous		11	10	18	15	21	19	50	44				
complaints.		7	6	9	7	15	8	31	21				
		4	4	3	3	6	4	13	11				
		3	2	2	2	4	3	9	9				* The "Spas of Germany," were pub- lished in the spring of this year.
Totals.		212	177	300	250	381	313	893	740				

The results inserted in the preceding table were either ascertained by myself in attending each case to its termination, or have been communicated to me at a subsequent period by my patients or their friends.

By this time, my readers are probably disposed to think that enough has been advanced in support of the claims of Kissingen to their countenance and preference. Still there is a higher and a moral view that may be taken of its eligibility as a spa, or temporary place of residence, which I consider it my duty to place before my readers, in as much as, independently of all moral considerations, it must be admitted to exercise no mean influence on the physical treatment.

I allude to the great advantage Kissingen enjoys of being, *de facto*, a mere quiet retreat, solely devoted to the care and restoration of health, in which the invalid is not distracted by other pursuits, or led astray by a thousand temptations to depart from those golden rules of regimen and diet, without which spas can avail nothing.

Families may come and settle for a season at Kissingen to look after some invalid member of their circle, without being afraid of the younger

(or even the senior) members being inveigled by the artifices of gamblers, or allured by the seductions of vice. Scenes of disorderly conduct in the public thoroughfares obtrude not themselves on the passers-by, and the tricks of adventurers or of females of doubtful reputation, are unknown in this retired spot. Hence, while the health of the sufferer derives its full measure of benefit from a state of things which is so much in accordance with the virtues of the waters, the mind of the anxious watcher, the relative or the friend, is doubly at ease as to the result.

The general mingling also of crowned heads, and other illustrious personages, with the ordinary mass of the invalids who twice a day parade on the same space, are engaged in the same operation, and seek to attain one and the same object, is another circumstance, common and favourable to this particular spa; as it tends to give to the society out of doors, that tone of high-bearing and self-respect, which is not to be met with at all the watering-places, either at home or abroad.

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It was not likely that a Spa so highly-favoured, or that the humble individual through whose instrumentality it was in a great measure brought into notice, should escape the shafts of malice, envy, and disappointment.

Accordingly, the recent history of Kissingen records three distinct attempts made to damage the former and to injure the latter.

The first we find fully developed in a little 24mo. volume, by F. H. Prytherch, M.D., in which, after extolling to the sky, the mineral waters of Homburg, near Frankfort, he contrasts them with those of Kissingen, to the great detriment of the reputation of the latter, which he had on a former occasion as loudly commended. The whole affair is amusing and worthy of perusal, and will be found detailed in the second short Appendix at the end of this volume.

To the same place I have consigned the brief narrative of the second of the attempts alluded to, the work also of another M.D., who had written a small 24mo. of a few pages in praise of Homburg. But the nature of this second attempt is much more serious and discreditable to the party concerned, and will be read by my



professional brethren and the public with indignation.

Lastly, the third attempt to injure Kissingen and its advocate, was ventured in the work of a German author, who, through misrepresentation of facts, strove to make it appear that the advocate was bribed, and that his eulogies must, therefore, be suspected.

To those who are assailed by calumny, the counsel commonly given is, to treat every attack with silent contempt. Much christian feeling lies in the suggestion of forbearance, and if it were met with a corresponding temper, to exercise lenity is the wisest course, as well as the most proper to be pursued. But there is a limit beyond which sufferance may not be endured, or silence observed. When restraint under obloquy is in danger to be mistaken, and a disposition is shown by the calumniator to repeat his false charges on finding them unnoticed, it is a plain duty to speak. In such a conjuncture, the only way to remove prejudice, is to give explicit contradiction to the several imputations. If the impugner, having at hand the means, shrink from the opportunity proper for refutation, after attacks have been repeated and backed by most barefaced assertions, he cannot be surprised that

the public, disinterested themselves, and disposed to judge from what they hear, should contract prepossessions of an unfavorable kind.

Precisely of this nature is the case of the writer of these pages. He has laboured to raise to a degree of popularity before unknown, a truly valuable but rival spa, for which reason not only his intentions but his actions have been grossly misrepresented. These misrepresentations, refuted privately ten times over, have been recently renewed by the same individual, who, it is evident, requires a public refutation, in order to be brought to a sense of justice and propriety. Such a refutation he and my readers will find in the second Appendix. The very interests of Kissingen call for this exposition.

These necessary allusions to matters, apparently of a personal nature, yet in reality involving questions of public importance, would be incomplete, were I not, before I conclude this Introduction, to refer to a report studiously circulated by interested parties among the visitors at Kissingen, that the writer of these pages had opposed the establishment at that spa of a second physician from England.

The circumstances under which that physician devised and accomplished his object, are so

strikingly demonstrative of the real pith of the whole question, that I prefer to let the papers in my possession connected with the transaction, speak for themselves. These also will be found in the second Appendix.

I consider the publication of these papers perfectly warrantable, in order to dispel that ignorance of the real facts of the case, which may naturally exist among visitors, who for the first time arrive at Kissingen, and presuming upon which ignorance, a reiteration of the report is from time to time ventured upon by the parties in whom it first originated.

## CHAPTER I.

## WHERE IS KISSINGEN ?

Topography of Kissingen—Kingdom of Bavaria and its Sovereign—Franconia—The Valley of Kissingen—The Saal — Elevation —Its geological character—Climate— Prevailing weather—Environs of Kissingen—Ruins and legends—Promenades and excursions—Adjoining valleys and villages—Agricultural condition of the country.

SUCH was the question put to me at the first consultation I held in 1837, (soon after the appearance of the “Spas of Germany,”) on the propriety of sending a patient to Kissingen. The brother practitioner who asked the question, has since retired, after a brilliant and successful career in London ; but at the time alluded to, no physician was more generally employed, or more deservedly enjoyed the reputation of greater sagacity and professional learning.

Still he asked the question at the head of our chapter, and admitted his ignorance of the locality, nay, of the very existence of the springs.

The same question has been asked subsequently more than once, both by patients and physicians. The renown of this new continental spa had, indeed, reached their ears, but in what part of the German Empire it was located—that seemed to be a puzzle.

Kissingen, in fact, was a *terra incognita* to English people until 1837, and the only Englishman recorded on the spa list of that place before that year, was one who had got there by mistake—that is, by losing his way.

And yet, nothing is so easy as to find the site and appertenances of this favoured spot.

If we open that beautiful map called the *Postreise Karte von Deutschland*, or “travelling map of Germany,” published a few years back by one of the Government departments in Munich, and look towards the extreme north-west confine of Bavaria, we shall find the place we are in search of, lying *perdue* amongst surrounding little villages at the distance of about 17 German (nearly 80 English) miles from Frankfort in an east-north-east direction.

Here it stands under the  $49^{\circ} 48'$  of latitude,

(north,) or nearly two degrees further south than London, and  $9^{\circ} 50'$  (eastward) from the Greenwich meridian. This is something towards a better climate. Its elevation too of nearly seven hundred feet above the level of the sea, is no mean advantage it possesses before our over-grown Babylon, which lies nearly level with the surface of the ocean.

I consider it a fortunate circumstance for those who may have occasion to resort to Kissingen, that its present political state makes it an integral part of the dominion of Lewis, King of Bavaria. No sovereign knows better how to patronise judiciously, encourage liberally, and support effectually, every establishment intended for the public good, especially in reference to its edifices, its municipal regulations, and the most advantageous manner of conducting it. To this we owe the conversion of Kissingen in the course of a few years from a *Dorf* into a *STADT*, in which dignified appellation the inhabitants of the present day have the satisfaction to rejoice.

Neither the original holders of the land, the Fulda monks, nor the Prince Bishops of Würzburg, the ancient suzerains of the Kissingen districts and springs, had done or were likely to do aught in promotion of the interests of the

place. So long as they continued to be proprietors of those sources, the reputation and usefulness of the latter were likely to remain buried among the petty surrounding communities of Germany, some of the *krank* or sickly members of which would alone have profited by the waters.

But no sooner had the reigning sovereign of the country been made aware, through the writings of skilful observers and the representations of local witnesses, of the remedial powers of these mineral sources, than he directed his energies from year to year to their improvement, enlargement, and embellishment, in which efforts (consistent with the means placed at his command by the States) his Majesty continues to proceed, and fully intends proceeding, so long as any additional amelioration or useful alteration can be adopted, for increasing the utility, and with it, the renown of the Baths of Kissingen.

Having often been honoured with a conference, and consulted by his Majesty on the best mode of rendering Kissingen available to English patients in particular, I can make the preceding assertion with great sincerity and justice. Indeed the past, or what has been already accomplished, (as we shall see in the sequel of this

volume,) testifies to the truth of what I have advanced, nor will the future, methinks, belie it.

FRANCONIA, the geographical division of Bavaria, in which Kissingen is situated, is remarkable in many respects, and well deserves from the travelling invalid proceeding to that spa, a passing look of inquiry and attention. There are ancient and mediæval historical associations connected with the name, which are intertwined with the more recent recollections of our own stirring times, when kingdoms and empires were made and unmade in one day, and their rulers and sovereigns set up and put down with the jugglery of a phantasmagoric exhibition, in which Franconia itself bore no inconspicuous part.

To the lover of classical learning, who can relish with exquisite feeling the tracing on the spot of the various scenes, the mountain passes and the intricacies, of the Hercinian Forest, developed in Cæsar and Tacitus, the journey to Kissingen, after entering Franconia, may afford ample satisfaction.

Those of the pilgrim invalids who prefer rather to look back upon the vicissitudes of this portion of the present kingdom of Bavaria, while it formed one of the most important



circles of imperial and feudal Germany, would find wherewith to satiate their curiosity. And truly bloody are the annals of those times, when "the war of the peasants," and the incursion of the Swedes during the 30 years' war, left behind in the country topics enough for legends and romances, which to this day prevail among the good-natured inhabitants.

As to more modern times, we have all lived amidst the astounding events brought about by the fall of one mighty master hand, and no doubt recollect, that in the dispersion of the Gallic power in Germany, the fairest part of Franconia, the Grand Duchy of Wurzburg, and with it Kissingen, was incorporated with the Bavarian dominions.

Such are the three highly interesting historical epochs which the travelling invalid, who desires to know something of the political condition of the country he visits in search of health, may think it worth his while to become better acquainted with, by way of some gentle occupation of the mind, while the body is undergoing its thorough refit at the spa.

Nor is the physical topography of Franconia less interesting than its historical chronicles. To the keen observer, it affords a fruitful suc-

cession of inquiries; and it is because among the many invalids from this country who visit Kissingen, I have found a considerable number who feel a deep interest in the contemplation and study of local nature, wherever they may happen to travel, that I allude, in passing, to this especial subject of scientific investigation.

An area of more than ten thousand square miles, with a population of nearly two millions, and a soil yielding an abundance of grain, wine, fruit, and vegetables, besides a supply in large quantities of cattle, constitutes the province of ancient Franconia. Three mighty rivers water its plains; the Rhine, the Main, and the Danube; along the course of which rivers the whole country is connected by means of smaller streams and canals, with the north-eastern, as well as the south-eastern seas and extremities of Europe. A gigantic hydraulic work first began by Charlemagne, and now about to be completed under the auspices of the reigning sovereign, will place England within reach of Constantinople by a direct line of water communication, piercing through the heart of the province on which we are descanting.

Another great feature of the country is the congregation on some parts of it, of hundreds of

volcanic cones, testifying to the primitive condition of its soil, through the crust of which the subterranean or central fire has found so many outlets. From the summit of the Kreuzberg, a mountain of three thousand feet in elevation, near Kissingen, not fewer than twenty-five cones, or extinct craters of volcanoes, may be distinctly seen.

Nor are the immense forests covering the hills of Franconia, to be slightly passed over. In the immediate neighbourhood of Kissingen the daily supply drawn from them of wild roebucks and other game, is too important not to interest the invalid, either as affording him amusement or a luxury for the table. These forests, however, are of far greater interest in supplying throughout the province, the only fuel which the inhabitants burn,—a fuel which, notwithstanding the imperfect manner of replacing the timber annually felled, by corresponding plantations, appears to be almost inexhaustible.

Not the least striking of the physical lineaments of Franconia, is the succession of parallel vallies to be found in some of its districts, which modern geologists attribute to the heaving up of the land on each side of the vallies.

We were once more simple and modest in our cosmo-morphous conjectures on this point; for

we considered that all such vallies were *scooped* out of a range of hills, or mountain series, by the action of some powerful stream descending from the highest summits to reach a table-land; and in corroboration of that surmise, we were in the habit of looking upon the river stream, or water course, which is found invariably at the bottom of all such vallies, as the remains of the mighty agent to which they owed their formation.

But *nous avons changé tout cela*, and at present nothing is admitted but the lifting up of certain mountains to account for vallies, and the travelling of gigantic rocks upon consolidated iceblocks, (which leave behind the scratches of their ice-wheels,) to account for the formation of other mountains.

Be that as it may, it is actually in the centre of one of these parallel vallies of Franconia, just alluded to as a striking physical feature of that province, that the mineral sources of Kissingen are found.

The Valley of Kissingen proper, following the course of the river from the village of Hausen, down to where it makes a sudden *detour* westward to reach Euerdorf, runs in a line nearly north and south, to the extent of about four

English miles, varying very little in breadth from two to three furlongs. It is not, like the valley of the Main, or that of the Necker, buried deep between two lofty and compact mountain ranges, but is fringed here and there by rounded hills thickly wooded and of a few hundred feet elevation, sloping down by gentle declivities to the margin of the valley, seldom cleaved by any side mountain stream.

The river that meanders along the centre of the Kissingen valley is the Saal,\* a sluggish and narrow stream, rendered rapid by a trifling fall, just *where it is wanted*, near some ranges of useful buildings in the vicinity of the springs. On each side a rich pasture land extends to a considerable distance beyond the margin of the river to the foot of the hills, except where the water course nears the many mineral sources that are met with along the valley.

These meadows in the vicinity of a country spa, form a soothing and agreeable feature, and might be more useful to the salutary purposes of the place, were they not occasionally flooded, and often irrigated to procure a larger crop of grass. The former defect and the latter practice, both

\* The "flumen gignendo Sale fecundum" described by Tacitus.

equally injurious, in my opinion, to Kissingen, need not exist, and, as we shall see hereafter, might be effectually and readily obviated. At present, the only mode of avoiding their influence, as I have always taken care to suggest to my patients, is to visit Kissingen at the periods of the spa season only, when neither natural floods nor irrigation can be anticipated.

But if the presence of so much grass land in a place like our spa, cannot be viewed otherwise than as objectionable in its present state, the geological character of the soil of the valley, that of its surrounding hills, and the position and altitude of the latter, are not liable to the same objection. They are, on the contrary, some of the most promising characteristics of the place, tending as they do not only to influence and modify advantageously the climate of Kissingen, but to correct also, and probably to counteract to a certain extent, what may be objectionable in the presence of so much flat hay-land.

The excavation of quarries, for the purpose of procuring abundant supplies of materials for building the new houses, and one or two public edifices at Kissingen,—the boring for salt-wells to a considerable depth below the surface,—and the denuded sides of some parts of the hills, have

revealed the formation of the common soil of the whole valley.

We stand here on what geologists have denominated the secondary system of strata; that is, we have that series of successive deposits which preceded the clay formation and alluvial beds, and followed the age of the "oldest system of strata, or of the primary periods." Accordingly, we find first, at the depth of ninety-five feet, a stratum of variegated sandstone nine feet deep; and as we descend lower, we notice in succession from thirty to thirty-five feet of an uncommonly hard sandstone, with some softer under it; beneath which again a third stratum of the variegated, with another farther below, of the hard sort of sandstone, makes its appearance. These deposits lie in an even horizontal position for a great distance, no evidence of any disturbance having occurred in them being visible. Here and there the sandstone is capped by what the Germans call *Muschelcalk*, as in the case of a small hill called *Bodenlaube*, and of another near the *Kapelle*, where a number of beautiful fresh water springs gush forth, accompanied by the escape of a considerable quantity of gas. The elevation of the *Muschelcalk*, however, seldom exceeds twenty feet above the variegated sandstone, which, in the



hill, measures about 200 feet, but in the valley, nearer 1,200 in depth. There is little evidence of trap rock nearer than the Platz, a high peak on the road to Bruckenaus. But Professor Forbes considers the trap of the contiguous mountains called the Rhöngebirge, to be connected with the appearance of the springs at Kissingen, indicated especially by their mineral character and the discharge of carbonic acid gas.

It is evident that with such a stratification of hard rocks, and rocks of such a chemical composition, the position of Kissingen spa cannot be otherwise than highly favourable to health. One of the worst curses of a place in which invalids have to congregate for their recovery would be a perpetual dampness arising from the nature of the soil. Ask your Cheltenham invalids, for instance, (when that spa was of a sufficient celebrity to attract thousands of visitors every year,) what vexed them most, and made them give up at last the otherwise well-cherished spot—dampness, they will answer—a never-failing and never-ending dampness—chiefly due to the nature of the soil.

Humidity of the atmosphere, whether in or out of doors, or both, is so decidedly inimical to the healthy growth of man, that where a large assem-



blage of individuals, anxious to recover lost health, meet together for that purpose in any particular locality, such a physical characteristic as humidity will not only defeat their object, but most probably lay the foundation of new and more serious ailments. Hence it is of the utmost consequence to invalids to know that in sojourning at Kissingen they will not only stand on a dry soil, but will dwell in houses built with materials taken from that very soil, which will protect them from the effects of outward dampness. This certainly must be a source of great comfort, since, according to some very clever statistical and physical tables and diagrams, published by Professor Quetelet of Brussels, in illustration of the influence of the seasons, and of the barometrical as well as hygrometrical condition of the atmosphere on human life in Belgium, the element "dampness" enters rather largely into the calculation of the various causes of mortality.

But we need not look abroad for proofs of the truth of this assertion. No country in the world supplies them more abundantly than England; and my very able and industrious friend, Mr. Farre, of the Registrar General Department, in his interesting commentaries on the annual reports of births and deaths, has nigh brought the

fact under mathematical calculation, and almost demonstration.

The nature of the soil, then, is favourable at Kissingen, and its elevation above the level of the sea not less so. It were to be desired that the prevailing weather, and consequently the climate of the place, were equally as favourable. Both are so, during the best part of the watering season ; but I take it, that from the spring to midsummer, neither the weather nor the climate at Kissingen are deserving of unqualified commendation. A good deal of rain generally falls about that time, and the river swollen, overflows the entire plain.

The peculiar position of some of the hills in the immediate neighbourhood exert also an influence, at that particular season of the year, not quite so favourable as might be wished : they screen the rising sun from the little town for nearly an hour after it has risen, and conceal it from view at setting long before it has actually sunk below the horizon. The range of hills which encompass the three villages of Winkels, Reitersviesen, and Arnshausen, to the east-south-east of Kissingen, are the unlucky cause of the first ; while the hills to the west and north-west, on which are to be found some of the most rural

pedestrian promenades and rides, to the *Seehof* and *Klaushof*, occasion the second of those inconvenient peculiarities of the Kissingen climate. These peculiarities retard by an hour the genial and cheering influence of the sun's rays on the early morning promenaders at the springs, and takes from them, an hour too soon, the warming effect of those rays in the evening, whereby a sudden depression of some degrees takes place in the temperature of the air, and invalids are apt in consequence to catch cold. Fortunately at the best period of the watering season, when the inconveniences just referred to would be likely to be most objectionable, the weather is generally drier than at any other period, and the average temperature of the air higher.

From some thermometrical observations taken with care by a friend of mine on the spot, in 1842, corroborated by others of my own, made subsequently, the average degree of atmospheric heat, between six and seven o'clock in the morning, in the months of July and August, appears never to be less than  $65^{\circ}$ , the *minimum* being  $51^{\circ}$ , and the *maximum*  $71^{\circ}$  degrees of Fahrenheit; while in the afternoon the thermometer has ranged between  $65^{\circ}$  and  $86^{\circ}$  degrees. During those periods there had been many days with a cloud-

less sky, and some of the most splendid mornings imaginable, with occasional thunder storms, which, by-the-bye, are not of uncommon occurrence in July and August at Kissingen, and are loud and terrific often, though they last but a short time. The reverberation of the crashings of the thunder amongst the rounded cones of the hills, is at times deafening; while the sudden cataracts that generally open on devoted Kissingen on those occasions, are past ordinary experience.

Still, with all these peculiarities of topography and meteorology, Kissingen may justly be considered as a pleasing and wholesome place of residence, especially during the proper watering season, and the country agreeable to the eye and pretty, though not striking or picturesque, except in some of its more distant environs.

These will demand a brief and passing notice, that the invalid may know at once what means of out-of-door amusement and exercise, in the way of walks or riding and driving excursions, the spa is likely to afford him. A fuller account of each locality or environ may be obtained by looking into some one of the several topographical manuals which Carl Jügel and others have published in the German as well as in the French language.

Of those nearest at hand, the first by which the

visitor is likely to be attracted is the rounded hill, bearing on its limestone summit the grey ruins of a once extensive castle, called the BODENLAUBE. Smooth on its flanks, and to the very summit clad with cultivated verdure or corn, the hill, which on its crest bears the remains of a fortified place, is often made a point of rendezvous in the afternoon, to reach which there is both a carriage road, and a path for foot passengers in invalid chairs or on donkeys. The distance from the springs to the summit of the Bodenlaube is about a mile and a quarter.

A delightful prospect lies open before the observer, as he stands at the foot of one of the two remaining towers on a small projecting terrace arranged for that purpose. The little town of Kissingen, with its busy throngs and showy buildings, lies extended on the bed of the valley. Right opposite, the ALTENBERG, a twin rounded but steeper hill, capped with limestone also, and crowned with a rustic pavilion of exceedingly neat proportions, seems to suggest the idea that a powerful stream, at some long-bygone epoch, had severed the two in twain, and formed the now green valley between them, over which the snake-like coils of the Saal are seen disporting most capriciously.

Tracing the course of the river upwards, beyond the handsome stone bridge which King Louis erected over it, the eye reaches the villages where the salt spring surges, and rests on the horizon formed by the dark ridge of the *Rhoenberg*, in the midst of which rises, loftier than any, the KREUTZBERG, with its Franciscan monastery.

If we turn to the south, following the stream and its various windings, we discover, perched on a ledge that projects over the Chaussée, the fragments of another feudal castle, the TRIMBERG, the name of which, like that of the ruins amidst which we are now standing, brings to our recollection tragical and mournful legends.

Of the latter description is one interwoven with historical facts, which is generally supposed to account for the origin and vicissitudes of the *Bodenlaube*; and as in accompanying some of my invalids to the spot, I am often asked for information concerning it, I may as well give it a place in this part of my volume.

OTHO of Henneberg was a gallant knight in the suite of the Emperor Henry VI. and a crusader to boot. To this character he joined that of being a minstrel of no mean renown. Engaged at the end of the 12th century in the holy wars, his prowess and minstrelsy gained him the

heart of Beatrice (that name so dear to lofty bards), daughter of the then seneschal of Jerusalem, JOCELIN III., an ancestor of the present house of Courtenay; hence the traditionary opinion, still prevailing in Kissingen, that the castle of which we are now speaking appertained, at one time, by right to the noble house of Courtenay and Devon in England.

Be that as it may, Otho returned to the home of his father with his beloved, and having got, in exchange for two other castles he possessed in Saxony, the fair lands near Kissingen, he erected the Bodenlaube, of which he assumed the title, calling himself ever after OTHO *Von Bodenlaube*.

For many a year the stream of conjugal love ran silvery and smooth, until one day, when the happy pair sat wrapt in each other's love outside the castle, surveying the broad valley below them, an envious gust of ruthless wind bore from the fair her veil to a distant and unknown spot. Instantly a pious thought crossed the startled Beatrice, who in that simple accident saw the manifest finger of Heaven pointing out to her loftier and more holy pursuits than those in which she and her lord were engaged.

Accordingly it was proclaimed among their vassals, that on whatever spot the veil should be



found, there should be erected a nunnery to the honour of God. After three days' search, Beatrice's attendants discovered the lost veil resting on a wild rose-bush in a valley near ASCHACH, where the nunnery of the Benedictine order, called Frauenroth, seen on the right from the ascending road to BRUCKENAU, was soon afterward erected, agreeably to fair Beatrice's vow, and remains now a memorial of her piety.

The sequel of the legend tells us that Beatrice, still construing the event into a warning, herself took the veil in this very nunnery, bidding at once a farewell in this world to her beloved Otho, whose last mournful ditties handed down to us, bewail the cruel separation from the wife of his heart. She survived Otho, who died in 1244, and at length surrendered the earthly veil which had brought her to her holy state, for the veil of immortality, departing this life a few years after her husband's death. The tombs of both are seen at Frauenroth to this day.

TRIMBERG, which we have just mentioned, is one of the carriage excursions generally recommended as being within an easy distance of one-and-a-half *stunde*, that is, not quite four English miles from Kissingen. The way lies along the right bank of the Saal, which stream it crosses at the



hamlet of *Euerdorf*, and then ascends to the foot of the lofty ruins of TRIMBERG. Nothing is more reviving to an invalid visitor at the spa, towards the close of a sultry afternoon, than to roll along the many undulations of the ground over which the road to Euerdorf passes, shaded by patches of green forests, and cooled by the breeze that ripples the smooth surface of one or two large pieces of water. The view of Kissingen from the highest point of this road, before it winds towards Euerdorf, is worthy of a turn of the head and a halt.

The ruins of Trimberg are not so much an object of curiosity as its favourable and lofty position, placed on a steep eminence overlooking the valley of the Saal. It is to behold the sun set from this lofty spot, that parties from Kissingen are frequently made for Trimberg during the season.

Of the many tales connected with these ruins, those only must be credited which refer to the comparatively modern times of the thirty years' war, when we are told of Tobias Evelin of Königshofen being driven with a handful of famished followers into the castle, and sustaining by their aid and a single fieldpiece, a long siege. This he at length compelled the Swedes to raise, by shooting into their camp

whilst himself and followers were on the brink of starvation, the only pig he had left, which he took care to have previously roasted, and we may suppose stuffed into the bargain.

But this was a joke :—not so the next feat of this same chieftain, who, having caught a Swedish spy within the walls of the castle, introduced by a young woman he had bribed, ordered both culprits to be decapitated, and fired off their heads, one after the other, against the tent of the Swedish general, through the long solitary fieldpiece, the remnants of which are still preserved in the village of Trimberg.

Among the more distant excursions, which occupy a whole day from the time of drinking the morning waters, the visitors of Kissingen will be recommended to see *Neustadt* and *Salzburg*—to which I have already added that to the KREUZBERG. These, however, are totally unsuited for invalids labouring under great debility, rheumatism, paralysis, fulness of blood in the head, or affections of a serious nature in the chest. Nervous and dyspeptic patients principally, should be recommended to extend their airings to the above-mentioned places, which will be found exactly to suit their ailments.

NEUSTADT lies on the right bank of the Saal,

five *stunden*, or leagues, from the spa. It is remarkable rather for the gasthof of the *Golden Mann* where, such as have crossed the river and the volcanic plain between it and Salzburg, to visit the latter place, get most comfortably lodged and fed at a reasonable price,—than for any very striking feature. The country around is exceedingly pretty.

SALZBURG, however,—*c'est une autre chose*. A grey mouldering and frowning castle in ruins, perched on a barren mountain, once the residence of Charlemagne, is not likely to be viewed with indifference. Accordingly, the pilgrims to its shrine during the season are not few in number.

That the imperial restorer of the Roman empire, and the ruler of one-half of Europe, resided in this spot, the *Castrum Salz*, on more than one occasion, is matter of history. These bare walls, these dilapidated galleries and dungeons, the now deserted apartments, and the “*Kaiser-saal*,” over which centuries have rolled in silence, witnessed or were filled at one time with the pageantry and magnificence of the mighty Emperor’s Court, where philosophers, historians and poets, added real lustre to the scene; while ambassadors from all known parts of the globe came in pompous array to do homage to the great sovereign,—and hum-

bled potentates, once the successful rivals of Carloman, entered Salzfort to sue for peace and crave restoration to their dominions.

In company with a young lord and two distinguished officers, I visited the summit of the Kreuzberg, or the Mountain of the Cross, in the summer of 1841. The carriage-way lies to the distance of nearly ten miles over what appeared to be the beds of torrents rather than regular roads. At the end of it, donkeys, ready prepared in consequence of a notice sent forward the previous day, are mounted, and through winding paths, more and more elevated, we reached a part of the principal cone we wished to ascend, where even that sure-footed quadruped must be dismissed, to terminate the ascent on foot. This latter part of a fatiguing journey is through verdant foliage and dwarf forest trees, scattered in groups here and there, with masses of beach-wood dotting the surface, the whole bearing the resemblance to a vast and hilly English park.

Within five hundred feet elevation of the top cone or summit, the road suddenly becomes for a tract level, it then descends into a green dell, embosomed in which is the monastery of the monkish successors of Kilianus of the Franciscan order. We were hospitably received

within its walls, and an abundant repast was supplied us, which had been bespoken by letter, and for which each of us deposited some silver pieces in the alms-box of the monastery.

Truly these anchorites deserve and call for sympathy. Their life is a rude one, like the long winter they encounter in their solitude. We found one or two intelligent brothers, whose cells did betoken order and some love of learning; but the condition of their two solitary book-cases in a recess of one of the corridors of the upper cells, confirmed not these better impressions. With some difficulty the key was found, which enabled us greedily to peruse the titles of the oldest-looking quartos and octavos. But my own excessive curiosity was brought suddenly to a stand-still by the discovery of a volume, the title of which, and still more so its contents, were calculated to stagger a saint that such a book should be found in so holy a place. Clad though it was in barbarous Latin, and so far, I suspect, a perfectly sealed book to the worthy monks, with whom we conversed, the volume in question was perhaps the least fitted inmate of a monastery one can well imagine. It professed to teach the young confessor, in aphoristical propositions, *the thousand and one*

*ways*, by which the Evil one might, through lust, tempt a fair penitent, or youthful sinner, into the commission of sins under every possible form; and it instructed the ghostly father in all the gradations of penance he might inflict for the remission of those sins.

Ascending afterwards to the summit of the Kreuzberg, where is erected a wooden cross eighty-six feet high, once said to have been gilt but now rude and cleft by lightning, we contemplated the spot on which stood once the idol *HOLLA* of the Germans. This, St. Kilianus, on ascending thither to preach the Gospel for the first time to the Franconians, levelled to the ground and demolished, raising in lieu of it the symbol of Christianity.

The great elevation of this peak, one of the range of the Rhöngelbirge, and the clear and extensive horizon that lies in a complete circle around it, suggested to King MAX, the father of his present majesty, the idea of building an observatory, which was accomplished in 1816. Unfortunately the telescopes we found in the place were so damaged by time and the weather, that none of us could discover through them any of the one hundred and odd places we were told are visible from the spot, besides

more than eighty church steeples of places not quite within the ken of man. We beheld enough, however, to induce me to recommend to all the visitors at the Spa of Kissingen or Bruckenau a neighbouring chalybeate spa, (generally the summer residence of King Louis, and nearer,) to visit by all means the Peak of the Kreuzberg on a very fine clear day, sleeping the previous night at the monastery, ascending to the summit to see the great planet of the day rise, and by means of a good English telescope scour all round the many interesting topographical points presented in that extensive panorama.

I have only a few words to spare to indicate merely the more frequented pedestrian or donkey excursions within a mile or two of Kissingen Winkel and the valley of Nüdlingen, on the road to Munnerstadt and Meiningen, may be mentioned first. Towards the close of a summer's day, when the valley of Kissingen and the plantations are dewy, a walk from the springs in the direction of these places is to be strongly recommended, and ought to be preferred by those who fear colds and gnats. The SEEHOF and the CLAUSHOF are stations to be reached by tortuous and steep paths, through shady woods of great beauty, in the middle of the



afternoon, before the hour for taking the evening waters. ASCHACH again is a favourite drive for carriages. Royalty and ducality, by which Kissingen has been often honoured, disport their four-in-hands on this *chaussée*, which skirts the valley of the Saal. In fact, there is no end to the number of pretty spots one may select for himself so as to vary daily his excursions and rides. In this respect Kissingen has nothing to envy which other spas may boast of possessing.

In passing to and fro on such various excursions, the observing visitor cannot fail to remark the condition of agriculture in the country. The soil, as may be supposed from what has been stated of its geological origin, is inclined to be sandy, and in many parts argillaceous. The surface of many fields has a reddish hue. Still it works well, and by dint of woman's labour chiefly, the various farming operations which are carried on according to long-established rotations, not the wisest, are gone through with much regularity, and followed by successful results.

The peasants rear potatoes, on which they depend for a good part of their food; but unlike the Irish peasantry, they are not such ninnies as



to rely wholly on them for support. Their staff of life is rye, of which wholesome bread is made, such as the meanest labourer can afford to eat; and truly wise are they in the selection, for in point of nutritive matter and easy digestion, rye is unquestionably superior to potatoes.

As the land is subdivided into very small holdings, (the sure sign of agricultural poverty, and a curse,) we hardly meet with any extensive farms. Hence the raising of cattle, the feeding of large flocks of sheep, or any improvements in the green and corn products of the land, are not at all in advance. Neither are the farm-yard concerns and those of *la basse cour* better conducted. The consequence of this state of things would be disastrous to Kissingen were it not for the considerable towns of Wurzburg, Schweinfurth, and Frankfort, which send the necessary supplies to the Kissingen market, and to the hotel keepers.

Milk and bread are plentiful and good: indeed, the Germans cannot make bad bread; and until the latter end of the spa season, meat and poultry, together with many of the vegetables of the day, are really good and plentiful. But the time comes when the farm-yards are stripped of all their useful *ornaments*; and

the twelve or fourteen hundred hungry visitors, who call aloud for food, look in vain to them for a supply. That supply must be sought for and is obtained from other and more distant sources.

## CHAPTER II.

## HOW AND WHEN TO GET TO KISSINGEN.

Various routes—Water route—Rotterdam, the Rhine, and the Main—Sea-sickness—How to prevent it—Water and Railway route—Ostend or Antwerp—Belgian and Prussian Railways—Custom House, Zollverein, and Passports—Route through France—Down the Moselle and through Nassau—Projected New Railway line—Frankfort—Route by Würzburg; by Lohr; by Bruckenaue—Tour and Taxis—Eilwagens—Schnellpost—The Main—Dampfschiff Reisende—Season for drinking the Kissingen waters—Commencement and End—Preferable period.

KISSINGEN is getting every year nearer to England. Railroads and increased steam power are the performers of this miracle. In some respects it is an advantage to invalids to be able to reach the place of their destination in as brief

a time as possible ; some are so pressed by the urgency of their sufferings, or the desire of shaking them off quickly by their prescribed visit to a foreign spa, that the possibility of reaching the latter in a few days, is a great inducement to undertake the journey.

Generally speaking, however, we are not over anxious that our patients requiring the mineral water treatment abroad should go through this journey precipitately. The bustle and agitation inseparable from long journeys, even in a natural state of health, are found to be particularly injurious in the case of people suffering from ill health. Hence we recommend as quiet a mode of conveyance and progress spa-wards, as the nature of the particular case may require and circumstances allow.

Fortunately, the progress to Kissingen may be accomplished in so many different ways, or rather, by such a variety of lines of route and conveyance, that no difficulty can arise in the choice of either a speedy or a more deliberate mode of travelling.

Having tried every route myself, I can the more effectually guide such of my readers as have never been on the continent and are likely to visit Kissingen, in the best selection of their

line of march, by describing the water route as I may call it,—the water and railway route,—and finally the land route, though the latter may be considered a misnomer, since it involves necessarily a short crossing of the sea at the nearest point between England and France.

The WATER ROUTE consists essentially of the setting off from London to Rotterdam, proceeding thence up the Meuse and Rhine to the embouchure of the Main, then up that river to a place called Gemunden, about three hours' posting from Kissingen.

To many crippled patients, to those suffering from paralysis or highly sensitive and irritable nerves, as well as to those in an advanced state of debility, such mode of travelling is most propitious, in fact, the very thing required. The journey may be performed in seven days, and, if we exclude all gastronomic expenses, need cost no more than four guineas.

The sea voyage involved in this route has been considered an objection, being thought too long and tedious. But, properly speaking, of the twenty-four or twenty-six hours (an interval which little exceeds the time occupied on the sea in passing from London to Antwerp) required to reach Rotterdam, eight hours ought

at least to be deducted for river passage on the English as well as on the Dutch side.

The choice of a vessel makes a material difference in this respect. The General Steam Navigation Company's Boats on this service are reputed good steamers and well managed. More than one of these are constantly employed on the station, and some perhaps are better than others; but as they are not unfrequently changed, it would be useless to specify any. The Dutch, as yet, have not thought it necessary to employ more than one vessel on this station, which has now performed the service for many years, ably and successfully as well as safely. Every one will recognize in this account the old *Batavier*. During spring, summer and autumn, it performs the voyage with uniform regularity, starting every Sunday from London, reaching Rotterdam on Monday afternoon, and returning within forty-eight hours afterwards to London.

I confess I have a great liking to the old *Batavier*. I love to see a passengers' ship well set in the water, as grave and as steady as a Dutchman, not even shaking, much less quaking, at any ordinary gale or troubled sea, which tosses about those sharp-cut saucy-looking craft of the Steam Navigation Company, now poised

like sea-gulls on the white foaming edge of a curly wave, twice as high as the funnel of the steamer, and now plunged to the bottom of a trough where I have often missed them during some seconds while watching them from the deck of the old Hollander, doggedly holding her course in the mean time through the same sea, scarcely bowing to the majesty of the storm.

When I say old Hollander, I do her injustice, for I believe that by a process, or rather an annual succession of processes, which are unfortunately not applicable to the renovation of the human frame, the Batavier has had her carcase and her inside renewed, strengthened and modernized.

Her internal accomodations too, for passengers, especially the convenience of ladies' rooms and state cabins, the well appointed saloon and the excellent cheer to be got in it at moderate and fixed charges, are so many more recommendations of this excellent vessel, which has the further and no mean advantage, of being commanded by a very experienced seaman. Intimately acquainted as he is with the shores, bays, banks and passages on both coasts, there cannot be a more fit commander, whose vigilance on his post, moreover, I have often remarked, and as an old sea-

man myself, have known how to appreciate in stormy and threatening weather, particularly at night. His civility to his passengers, and the special attention he pays to such as are suffering in health, have rendered him greatly popular, and I dwell on this fact, because it is of importance that invalids should not be unnecessarily ruffled, put out, or irritated by a want of courtesy from the individual into whose care they commit themselves for a time; or by the pressure of discomforts and inconveniences which a little zeal and civility may easily obviate.

At Rotterdam the passengers rest a night; and they will find the New Bath Hotel, under its present management, with the additional convenience of stabling and coach-house for horses and carriages brought from England, every thing they can desire. They then proceed by one of the very roomy, large, and fast steaming vessels of the same company, such as the Netherlands for instance, to Cologne and Mayence without changing, but not without again stopping. Now upon this very point I am at issue with the Dutch company. It has been often represented to them, that unless the passengers should themselves prefer resting a night at Rotterdam to recover from the sea voyage, no delay ought to



take place in embarking them on a Rhine steamer immediately upon their arrival at Rotterdam, which ought to proceed continuously on to Mayence without the delay of a second night, as it has hitherto been the case on the road. To those who are strong enough to bear the quicker journey, and very anxious to arrive at their destination, these two nights lost in a journey, which, from London to Mayence, even as it is, extends only from the Sunday to the Thursday afternoon, and might therefore be of less duration, is an intolerable sacrifice of time and quite inexcusable. The Netherlanders have, on the Rhine, two powerful competing *lines* of steamers, which perform the journey from Rotterdam to Cologne and Mayence, without a stoppage, and they will inevitably take away all the passengers' traffic from the fine Dutch vessels, the auxiliaries of the Batavier, if the delay of the two nights be not forthwith suppressed. I shall rejoice to find, on returning to that country this summer, that the promise held out last year of this defect being about to be remedied, has been accomplished.

Now as to sea-sickness, that fortunate drawback from the pleasure of a seafaring life, without which the latter would be too alluring;—more has been said than done to prevent it, and nothing

to ease it. In very long voyages, where the distressing feeling is likely to occur often, there is no measure of relief I can suggest from experience. I was surgeon of a line-of-battle ship, commanded by a post captain, who, even after forty years seafaring life, was prostrated by sea-sickness during any considerable roughness in the weather. On such occasions, every means that science or reasoning *a priori* could suggest, was had recourse to in vain. This is an old story, upon which I need not dwell. But during short crossings, and sea excursions, occupying from five hours to twenty-four, a means of preventing sea-sickness with some degree of certainty, is to take laudanum. Twenty to forty drops of this solution of opium, according to the probable duration of the voyage within the limits specified, and also according to the age of the person taking it, have, in my experience, prevented sea-sickness, probably by deadening the momentary sensitiveness of the ganglionic and great sympathetic nerves of the stomach. It is possible that prussic acid might have a still better effect.

What I call the WATER and RAILWAY ROUTE, is principally confined to the crossing over from London to Antwerp or Ostend, for each of which courses capital vessels are provided. But though

the succeeding route is performed by railway, and might be expected to be the most expeditious, and of course the least expensive, in reality it is not so. It is neither so convenient nor agreeable. What with passports and examination of baggage, on landing, and again on crossing the frontier between Belgium and Prussia; what with the changing and shifting of trains, and the constant fear of missing them, of getting into the wrong one, or of losing your luggage; what with the flies and the omnibusses that are required to convey you from one terminus to another, or from the landing to the terminus; the trouble, the vexation, the constant worry and bustle, are truly disheartening and not likely to suit invalids.

After having tried and experienced all the above inconveniences of the water and land route more than once, I have quite made up my mind to eschew it if I can; and to those of my patients who care to keep their blood cool and their temper unruffled, that the pulse and digestion may not be damaged, I should recommend, by all means, to follow my example. Did I desire to heighten this sad picture of the water and land route, I might add the manifest extortion and imposition to which the traveller is per-

petually exposed, in consequence of the frequent changing of inns and hotels, at the entrance and ends of railroads, where it is the interest of landlords that travellers should not be very punctual in reaching the departing trains.

I most emphatically exclude from the number of such establishments, the principal hotels at Aix-la-chapelle, but especially that excellent and highly conducted princely house, the *Grand Monarque*, the very civil and indefatigable proprietor of which is for ever busy in seeing that all his resident travellers shall not only be comfortable, but punctually served and forwarded to and from their respective destinations.

The following brief comparative statement of expenses incurred and time employed in performing the journey from London to Mayence by the Rotterdam and Antwerp Routes, speaks for itself.

By Rotterdam.	By Antwerp.
(All the way by water.)	(By water and land.)
Expense.	Expense.
£3. 11s. 4d.	£3. 16s. 2d.

Balance against the water and railway route  
4s. 10d.

## Time.

24 h. to Rotterdam.	21 h. to Antwerp.
.....	Liege.
.....	Aix.
24 h. to Cologne.	Cologne.
16 h. thence to Mayence.	16 h. to Mayence.
—	—
64 hours.	52 hours.

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No change by the water route but at Rotterdam.

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Ten changes by the water and railway route.

1. Land at Antwerp.
2. Omnibus to railway.
3. Railway to Malines.
4. Change train for Liege.
5. Omnibus to the inn, and then,
6. Omnibus to railway.
7. Change train at Veviers inspection and C. H.
8. Railway to Aix, and Prussian C. H
9. Omnibus to the inn or Cologne terminus.
10. Omnibus from the inn to place of embarkation on the Rhine at Cologne.

Independently of all these inconveniences by the water and land route, one must not forget how hideous and horribly shaking the Belgian railways are, and how slow the Prussian. During

a hot summer's day, a journey from Antwerp to Cologne occupying at least 18 hours railway travelling, checkered by the many troublesome interruptions just enumerated, is a positive penance, and will leave the invalid even of the stoutest nerves, in a sad plight on his arrival at his journey's end.

And all this, in addition to the annoyance of custom-house examination, either at Aix when you reach that place from Belgium, or at Veviers when you come from the Prussian territory into Belgium! Truly, the authorities of the latter kingdom have lately abandoned the troublesome ceremony of looking at and *visé*-ing passports, and so far this is favourable to the transit of passengers; while the officers of the former power, by enforcing the general regulations of their cleverly invented *Zollverein* at their first frontier towards all travellers, place the latter in a condition to travel, ever after, throughout the whole circle of that custom-house combination, without further molestation. The annoyance, nevertheless, does exist and must be undergone.

Many who wish to shorten the sea part of the business, travel to Dover by railway, and then cross over to Ostend. The latter place may thus be reached (by ascertaining the time of departure of the packets) in about ten or eleven hours from

London. But once here you have very indifferent hotels to abide in for a time, and a dismal, long, tiresome jaunt of twenty hours (including stoppages) to Cologne, which, in the summer season, is performed continuously, and leave the traveller at the journey's end with aching joints and a bothered head, within which the noisy grinding of the train remains at work for the night and following day.

As far as the English portion of this route is concerned, greater facilities of performing it have very recently been afforded to travellers, by the opening of the Railway from Canterbury to Ramsgate, and by stationing in this harbour, which is accessible in all tides, the fast steamers formerly plying between Dover and Ostend. The journey and crossing, in that case, would occupy only eight or nine hours ; (four from London to Ramsgate, five from thence to Ostend) ; and on a long summer's day of eighteen hours, following the debarcation, a hurried traveller might reach Cologne from London in twenty-six hours.

I think, however, there is better sense (and it is a far preferable line of march for an invalid who is not hurried like a courier on his journey) in taking the route from England through the northern departments of France.

The *trajet* to Calais from Dover is, as all



well know, easy and short enough. Thence a well-appointed English post-chariot and French horses, convey you to *Trèves*, through an interesting country partly French and partly Belgian, in portions of which the intervention of railways offers the choice of a quicker transit and a variety, should this be preferred.

At *Trèves* the steamer glides down the *Moselle* to *Coblentz*. There is not a more agreeable excursion than this. And as I suppose, that by coming to *Coblentz* by the route just alluded to, the same traveller is bent upon deviating from the eternally beaten track of the *Rhine*, I should suggest his continuing the land route from *Coblentz*, through the rich and interesting country of the Duchy of *Nassau*, visiting *Ems* by the way, a short distance from *Coblentz* across the river; next *Schwalbach*, *Schlangenbad*, and *Wiesbaden*, finishing by the short and well appointed railway to *Frankfort*.

But such is the rapidity with which the whole of Europe is threatened to be *gridironised* by railways, that ere a second impression of the present volume may be required by the public, every one of the lines of communication herein represented, and, of course, the opinion given as to the pleasanter and more desirable among



them, is likely to have undergone considerable modification. On the one hand, it is not improbable that we may have a great Dutch railway from Rotterdam to meet the line at Dusseldorf, proceeding from that place to Limburg in Nassau, there to join another great railway communication now in agitation, direct from Coblentz to Frankfurt, across the Duchy.

On the other hand, as soon as those slowly projected, slowly considered, slowly determined, and slowly developed *Chemins de Fer* of our Gallic neighbours (who certainly cannot be accused of great levity in such matters) shall have been reported by the respective "commissions" to the Chambers, their "concession" to certain projectors granted, the companies formed, and the works completed,—we shall be in a condition, once our foot is set on French ground, from our nearest port, to select out of many the shortest line of railway to the point of our rendezvous in Germany, viz. Frankfurt.

I have thus, by dwelling on the land route, purposely avoided touching upon that most hackneyed of all subjects, "the beauties of the Rhine;" which beauties are exhausted in one short day in ascending, and in the space of five short hours in descending the river. Pas-

sengers may keep themselves snug in the cabin, reading or lolling, without losing anything except the *tedium* of looking over flat and monotonous banks, until they leave Cologne upwards, between which city and the striking vine-clad amphitheatre, 'yclept the *Rheingau*, in sight of Mainz, they will behold twenty principal towns nearly equally divided on the right and left bank, besides twice as many villages, the very picture of poverty and wretchedness, all of them placed on the very margin of the river, or at a very short distance from it, and about seventy ruins of castles, or vestiges of castles and feudal palaces, perched on as many sharp basaltic rocks, at various elevations from the bed of the river. Conspicuously among the number, the traveller will not fail to notice those which the Prussian king and princes have restored: the Stolzenfels, for example, which has become still more celebrated since a recent royal visit: the Rheinfels, Sonneck, and Rheinstein.

It is recommended now-a-days, in travelling up the Rhine, to reach Frankfurt, to land at Biberich in preference to Mayence, as the railroad takes you at once on to Wiesbaden, should the invalid desire to make that town a halting-place; whence, in a couple of hours, or less, he is slid

on to Frankfurt. This course I should certainly suggest as preferable to the other.

Once reached, the question is where to take up quarters in Frankfurt. Opinions are much divided between the Hotel de Russie and the Römische Kaiser, both excellent hotels; though I incline to the former, the proprietor of which is a far superior person to ordinary hotel-masters. The Hotel d'Angleterre, vast and showy, and placed conspicuously on the Ross Markt, is another of the hotels of the first class in the "Free City." But there is a different tone in the manners and appearance of those who frequent it, and are met at the *table-d'hôte* there, which forbids our placing it on the same scale with the first-mentioned establishments.

With reference to the Römische Kaiser, one of these, rumour speaks of a change likely to occur shortly, in consequence of the expected retirement of the landlord. Should M. Schneider, who has been named to me as the future proprietor, succeed to the charge of this very important house in the Zeil, travellers who may require to pass through, or to remain for a short period in Frankfurt, will rejoice to find the alert, indefatigable, and liberal master of the Rose at Wiesbaden in possession of this very superior house, which, with the Russische Hof, has the advantage of propinquity to the

General Post Office, that well-conducted establishment, the general rendezvous of every traveller in Frankfurt.

The fact is, that whether they are likely to require post-horses to their own carriage, or adopt the *schnell-post*, or seek to secure places in an *eilwagen* to convey them to Kissingen, the great mart of the Prince Tour-and-Taxis is the point of attraction, and the only point for that purpose.

Not so as regards what are called *voituriers*, or *vetturinos*, who for a fixed sum undertake, in the course of twenty-four hours, to conduct you to Kissingen in a nondescript species of light *calèche*, with all the heavy luggage you can heap upon it to make it steady. These must be sought for in other places, scattered about the city, but principally at some of the inferior inns, or standing out of doors near the public thoroughfares, waiting to be hired.

With such I advise strangers to be upon their guard. Make as close a bargain as you can with them, specifying every condition of the journey and service to be performed, for a fixed sum of money, (varying from thirty to forty guldens,) and take care to have such an agreement drawn up and duly signed by the contracting parties, that no room may be left for chicanery and dis-

putes when the hour of reckoning comes. I have often heard of and seen the great inconvenience and source of annoyance which travellers arriving *en vetturino* at Kissingen, experience from having neglected to adopt this simple rule. In the said agreement the line of march should be specified—whether it be desired to go by WÜRZBURG, or by LOHR, or, lastly, by BRÜCKENAU. In justice to this class of persons I must say, that the majority of them appear to be trustworthy.

It makes a vast difference in point of time, whether the invalid traveller proceed by one or other of the three routes just mentioned. To those who are not pressed, and are anxious to see something of the country, and especially to visit the ancient capital of Franconia, the detour by Würzburg, though increasing the distance, may after all be deemed the most desirable. The road is a high road, well kept, on which the diligences travel fast, particularly the one which carries the mail.

Würzburg is in every way worthy of a day's sojourn, for which either the Russiche Hof or the Deutsche Hof, affords sufficiently good accommodation. The King's palace, in which has sojourned our gracious Queen; the Dome; the Julius Hospital; and the Festung, at the foot of

which grows those potent wines the Steinwein and the Leisten, in a small vineyard appertaining to the King and to the Julius' Hospital, are objects deserving a visit. A farther journey of five hours brings the visitor of Kissingen to his destination.

In Posting, or by *Voiturier*, however, a nearer line of road to Kissingen is preferred ; one which, from Aschaffenburg, passes through Lohr, a small town on the Main. This road, indeed, being much shorter, would have been preferred at all times, had it not been for the difficulties through the forest between Hahn and Lohr, and its hilly nature. Within the last three years, however, thanks to the King, a better, more solid, more level road has been established ; and I doubt not but the posting from Aschaffenburg to Kissingen, by Lohr, may easily be accomplished now in ten hours. The trip from Frankfurt to Aschaffenburg occupies about three hours. In the latter city, the summer residence of the King and Queen of Bavaria, the Frei-hof will be found preferable to the Hotel de Bavière. It stands in a more favourable position in a little square, is a better looking house, and has cleaner apartments.

The whole distance of eight and a-half posts, from Frankfurt to Kissingen, by this route, may be accomplished in about twelve hours, with a couple

of post horses, and at an expense of £3. 9s. (43 florins.)

I have mentioned another road by Brückenau, because it is contended by some that this is a shorter route. It may be so by measurement ; but on account of the difficulties of the ground, especially after we turn off the Fulda road at Schlüchtern, and take the cross road to Brückenau, this line will never rise in favour, spite of the great temptation it offers of seeing Brückenau, the Arcadian Spa *par excellence*, and the summer séjour of Louis of Bavaria, where that popular monarch lives for some few weeks, *en patriarche primitif*.

If his majesty should ever accomplish his project of carrying a road from Gelnhausen, on the Fulda road, to *Orb*, and thence to *Hamelburg*, which is one post and a-quarter distant from Kissingen, the line of communication from Frankfurt to our spa, would be not only more direct, but a shorter and consequently a cheaper way. And again, should the intended railway from Frankfurt to Würzburg ever be carried into effect, and from thence to Schweinfurt, to join the Bamberg and Nüremberg line, people will be apt to avail themselves of it, for ease and expedi-



tion, though it will be a very considerable deviation from the direct line.

Of late, that is, within the last two or three years, a *Dampfschiff-Reisende* on the Main has been brought into vogue. That the river is pretty, and in many parts as attractive as the Rhine, though on a smaller scale, I admit; but when we take a bird's-eye view of its course from the embouchure opposite Mayence to Bamberg—that being the extent of the steam navigation on the river—and behold its violent, abrupt, and long twistings, whereby a distance which by the chaussée would be only thirty-seven *stunden* between the two extreme points is converted into one of a hundred *stunden*,—we must conclude that nothing but a desire of seeing the Main would induce a traveller, having neither time nor patience to spare, to adopt such a line of transit. Accordingly it is found in practice, that the steamers stop two nights in ascending the river as far as Gemunden, which is the landing-place for proceeding to Kissingen; and that were we to continue the navigation to its extreme point at Bamberg, we should have probably to stop two nights more by the way.

Now, as far as returning from Kissingen by this line of communication, *c'est une autre chose*.



The descent is rapid, and if one embarks at the little port named *Gemunden*, in the morning at seven o'clock, he is sure of being landed on some one of the handsome quays of Frankfurt, by eight o'clock in the evening.

These steamers are necessarily much smaller than those on the Rhine, having hardly a cabin, and can only take a very small carriage on board. Some few of the Kissingen visitors have tried this Main route on returning homeward, and have been satisfied with the experiment. The only time I tried it, I thought at the end of my navigation that I might have done better.

Such are the several routes by which Kissingen may be reached. Of the nature and appearance of the country through which they pass, there never has been but one opinion, to which I can readily subscribe,—that of unqualified approbation of its striking beauties.

Having now given a sufficient account of the various modes by which we may get to Kissingen, we may proceed to consider, briefly, the question when we ought to go thither?—to decide, in fact, what is the best time of the year for drinking the mineral waters of this spa.

If we listen to people on the spot, April, or the latter end of that month, is not too early.

The various establishments, however, open in May, which is considered to be the commencement of the season, terminating with the conclusion of the summer, namely, in September. But I have already put forth, in the first chapter, my reason for not allowing patients to proceed to Kissingen much before the third week in June, and to those reasons I still adhere. For the last three years I have hardly found on my arrival at Kissingen, a single English family, who, having been prevailed upon to visit the Spa earlier than the middle of June, had not suffered, or was not suffering from catarrh, influenza, or inflammation, the effects of the cold and moist atmosphere then prevailing. A good summer, sunshine in July and August, seems to be the best requirement for constituting "the season" at a spa situated as Kissingen is; and the reasons I have already given for such an opinion will be deemed conclusive by any one who has tried both the early and the late period.

## CHAPTER III.

KISSINGEN AS IT WAS, AS IT IS, AS IT OUGHT  
TO BE.

Public and private buildings—The Kursaal, the Church, and the Hospital—The hotels and lodging-houses—Their exterior and interior — Number of apartments for the reception of strangers—Attendance—New shops or bazaars—The Royal Kurhaus the hotel par excellence—The Hotel de Russie and other hotels—Advantages and defects of the actual position of the town—The river—Its course at present unfavourable—How to remedy it—An entirely new Kurhaus required—Other improvements necessary.

DULY to estimate what Kissingen is, we should first see what Kissingen was; we shall then be able to decide how far any additional improvement is required, of what nature and to what extent.

Looking back to 1836, the year of my first visit to this spa, we shall find that beyond the Kurhaus southward, Kissingen had hardly any extent; while northward or nearer the centre of the little town, only two new houses were being built, the one occupied by the only physician in the place, Dr. Maas, of whom I made a justly commendatory mention in my "Spas of Germany," and a larger and a more showy edifice, forming the north-east corner of the street leading to the stone bridge. The latter also was only just preparing to be erected, there being formerly a wooden bridge only. On the other side, or westward of the bridge, not a single stone building existed.

The number of private lodgings was very small, and those of a very inferior description, being chiefly in old houses, and badly furnished. The hotels, deserving of that name, were only two in number, besides what is called the KURHAUS, which is a royal house, erected in 1823.

The springs were uncovered, the access to them unsafe and uncomfortable, and the water-drinkers were exposed to every inconvenience from rain, wind, or a scorching sun, only a short arcade existing near them, by way of a covered

walk. No saloon for a general reunion of the invalids was to be found in the place; and the streets were impassable, being unpaved and without trottoirs.

The number of bath establishments was exceedingly limited. I believe that besides those in the Kurhaus, there were none but the neat baths then erecting in Dr. Maas' new house.

There was no church, properly speaking, for the Lutheran, or Protestant service, which was performed in a very inconvenient, close and low room, in one of the Government buildings, called the Landgerichts gebäude. The sick poor had no hospital; nor had the gay and wealthy, who are fond of theatrical diversions, even at a spa, the means of indulging their propensity.

The *Soolen Sprudel* water, rising at the distance of nearly a mile from Kissingen, had to be brought in casks, on carts drawn by oxen from the well to the Kurhaus, and any other houses requiring it.

Now let us reverse the picture, and see what nine years have performed in useful and salutary changes.

In the first place, we have now, what may be justly entitled a showy and imposing public building, the KURSAAL, that is, the saloon of

Cure, a spacious Hall for the assemblage of the visitors of Kissingen, erected after the design of von Gärtner, the King's architect. It is a lofty and highly-decorated apartment, worthy of the reputation of the designer, and fit to figure even in a large capital like our own metropolis, where we shall look in vain for anything like it. On each side stretches a light and beautiful succession of arches forming an extensive covered way raised on a sub-basement, with two lateral arcades at right angles with the centre, encompassing a portion of ground which has been laid out as a parterre of flowers.

To the end of the side arcade, which runs southward, another succession of arches of the same design and dimension was subsequently attached, which prolongs considerably the covered walk in a line north and south, towards the two principal mineral springs, close to which it terminates.

The springs are no longer left to the mercy of the heavens, but have been covered over and protected by a most elegant and tasteful pavilion made of cast iron after the design of the same architect, in which, however, his Majesty, with his usual discriminating judgment in all matters of art, is said to have had some share. This

real springy edifice is lofty and of exquisite proportion, and so arranged that while it effectually protects the two mineral sources, it cannot interfere with their efficacy or impair their virtue, as was foolishly apprehended from any covering.

Again, we have now, among the public buildings, one dedicated to the purposes of a hospital, which was erected and endowed under the immediate auspices of the Queen of Bavaria, in return for the restored health her Majesty found at this spa about eight or ten years ago.

Another public building on the opposite bank of the Saal, has been constituted a theatre for the performance of German operas and comedies.

Since 1836, a fourth public edifice has been reared, the foundation of which Bolzano, the lessee of the springs, was then laying. This building is destined for the bottling of the waters for sale and exportation; and likewise for the formation of immense reservoirs within its walls, wherein the respective mineral waters, likely to be required for baths in the town, are kept for distribution. This arrangement has afforded the opportunity of another immense improvement in the circulation of mineral waters for use

since the year before mentioned, namely, the laying down of pipes under ground from the great well of the Soolen to the bottling house, (as the edifice we are speaking of is generally called,) for the daily rapid conveyance of that distant water to Kissingen.

My readers who chance to visit Kissingen, will not fail to be struck with the appearance of this massive and lofty building, pierced with some curious little twin windows facing the promenade, and situated between the street that leads to the Bodenlaube and the *Hotel de Russie*.

A more interesting public structure, however, which Lutherans and Protestants will view with satisfaction, is the handsome church just completed at the expense of his Majesty, placed on a rising ground within reach of all the more modern or fashionable parts of the town, and appearing as a very striking object to the frequenters of the spa promenade. The building is of variegated sandstone, with white sandstone ornaments, architraves, &c. It is exceedingly simple, unadorned, yet chaste and really imposing. The inconveniences experienced during the season before last by the young Princess Royal and the Queen of Würtemberg and her Princesses, when



attending the Lutheran service in the private miserable-looking low apartment already alluded to, but especially the wants of a large number of Lutheran subjects, and Lutheran visitors during the season of the waters, have induced King Louis to order the erection of this church ; which is, however, not to be called “ a church,” but “ a house of prayer,” that the conscience of a strict Roman Catholic may reconcile with his persuasion, the erection of a place in behalf of a form of worship at variance with his own.

Ten years ago Kissingen had but two hotels of any importance, besides the KURHAUS. I believe I may mention the *Hotel de Bavière*, as the first of the two, and the *Wittelsbacher Hof*, which I described in one of my chapters of the “ Spas of Germany,” as the second. Both have since “ fallen into the rear rank,” to use the language of military manœuvres. The erection of the *Hotel de Russie* and of the *Hotel de Saxe*, at the two extreme ends of the modern part of Kissingen, has placed these in the front rank of all the hotels, after the Kurhaus.

Besides other hotels there have been added in recent years to the number of houses of refreshment, not fewer than four *Restaurationen*, as they are called ; a species of accommo-

dation, which did not exist before. The *Quâtre Saisons* supplies a dinner for 36 kreutzers, or 1s. Caspar Weingärtner's eating-house is said to give you a wholesome repast for less money, namely 30 kreutzers, or 10*d.* Then there is the Oel-Mühle, placed in a garden on the western side of the river, where an excellent dinner is served up at one o'clock daily, for 1 florin, (1s. 8*d.*), in a very handsome, though not well-lighted saloon; and, lastly, at the "Bellevue," favourably located near the theatre, overlooking the Saal, and Kissingen for a vis-a-vis, you can have a dinner for 48 kreutzers, or 1s. 4*d.*

At all these minor hotels and restaurationen, apartments can also be secured at a corresponding reasonable rate of charges, with accommodation for carriages and horses. At the Oel-Mühle, indeed, the dwelling rooms are unobjectionable, and are often engaged permanently by visitors on their arrival at Kissingen during the height of the season, when the place is overflowing. English families, however, and people of distinction, would scarcely find themselves comfortable in any other establishment than the Kurhaus or the Hotel de Russie. The rest of the establishments in the nature of hotels, are more suited to the taste and expectation of the

people of the country ; many of the comforts and arrangements looked for by wealthy English travellers not being found at those places.

Comforts, however, are to be had, on an ample and liberal scale, in the royal KURHAUS, not less than at the Hotel de Russie. These two houses may well compete with any of the most popular hotels at German watering-places. The first is the larger of the two. It can accommodate a greater number of families, and possesses large state apartments in which Royalty has often dwelt. The house consists of two parts erected at different periods. The front, or red part, is the older and the most objectionable : it is unsuited to and insufficient for the purposes to which it is applied, namely, a banqueting-room, withdrawing-room, and baths. The back or inner portion of this building, over-looking a garden on one side and the Bodenlaube on the other, is the modern part, and consists of two ranges of buildings, three stories high, set at right angles. In these are the principal rooms already alluded to ; in number about seventy, all handsomely furnished.

I confess I like the establishment, though I do not equally like all its apartments ; some of which, either from their aspect or situation

on the basement story, would not suit me. But that may be the fault of my peculiar idiosyncrasy, as few individuals have urged the same objections. Fortunately there are excellent rooms to suit every taste and fancy, and everybody's expectations in regard of aspect, for there are nearly an equal number looking north, south, east, and west. The choice to be made among these should, in a great measure, be directed by the period of the season and the prevailing nature of the weather. In regard to elevation, I think I should always recommend the story above the state rooms, though somewhat inconvenient on account of the stairs. The suits of apartments on this floor are cheerful, more quiet and handier than those on the principal story. They are, of course, proportionably cheaper. I have held my own apartments permanently on this floor, and have never been more comfortable than since I adopted it in preference to the other.\*

\* After this general eulogium of the establishment, it will naturally be conjectured by my readers that its apartments are in great request. Such is always the case; for no persons *comme il faut* arrive at Kissingen, who do not prefer alighting at the Kurhaus if they can. But to accomplish this end, I would impress on my readers the absolute necessity of writing some time beforehand to retain the number of

At the Hotel de Russie also many distinguished families of all nations have been well accommodated with large and handsomely furnished rooms. Here the basement story is not so objectionable, but rather the reverse. The principal story in the house contains many rooms of handsome proportion, *en suite*, with an exposure to the west, which, in very hot weather, becomes rather a source of annoyance from the intensity of the sun. The view, however, from all these, and the other very comfortable apartments over them for single gentlemen or smaller families, is extensive and very cheerful; and in this respect it is superior to the rival house. These two hotels, indeed, are the Capulets and

rooms required, or disappointment will meet them on their arrival. The same advice, indeed, is applicable to the rest of the principal houses which I have mentioned *seriatim* in the present chapter.

A circular letter, dated Jan. 1846, announces the fact that the lease and property of the Kurhaus, together with the sale of the mineral waters, have been made over *absolutely* to the young Bolzanos, sons of the late proprietor, the widow having relinquished all her claims. Herr Adolph Reuter has at the same time been confirmed by the Tribunal, as responsible manager and superintendent of the whole concern; a circumstance, in my opinion, highly advantageous to the spa.

Montagues of Kissingen, ever on the tiptoe of successful rivalry.

It is hardly necessary to state that both have ample accommodation for the private carriages of travellers, and stabling for about twenty-four or thirty horses.

The greatest difference between what is and what was, is to be met with in the number of private houses, erected purposely for the accommodation of spa visitors since 1836. The number has from that time nearly tripled, being now about 260, and containing about 2,150 lodging-rooms; and 90 bath-rooms, distributed among the hotels and private houses. The mania for building, indeed, was carried to such a height a few years back, that the King very wisely stepped in with his authority to check the imprudent extent of house building.

The existing number of houses seems sufficient to accommodate the number of visitors congregating at any one particular time, which number has been as high as twelve hundred at the full of the season of last year. Of this number, about one-fourth were residents in hotels; more than one-half in the various modern lodging-houses; and the rest in houses situate in the olden parts of the little town.

The external aspect of the new lodging houses is in that solid style of architecture, which might almost be called Bavarian, so much and so widely has it been adopted at Munich and other places in Bavaria. The entrance hall, passages, and wooden staircases, (from not being kept daily scoured,) are, perhaps, the only parts of these private lodging-houses, which one cannot approve of indiscriminately. But the size of the rooms and their arrangement, the way in which they are decorated a fresco or papered, and the furniture, (barring the short, narrow, deep cribs, dignified by the name of beds,) all deserve commendation, and are far superior to anything found in the private lodgings of English watering-places. The want of carpets would be objected to by all, were it not that in summer the absence of such a luxury is hardly to be regretted, and that the *parquet* itself is kept, as in France, clean and shining. A few complain also of the absence of curtains to the bedsteads. Such appendages unquestionably might serve to keep off the great glare of daylight, which in spite of the wooden *persiennes* or solid *jalousies* affixed externally to all these houses, breaks in at as early an hour as three or four o'clock in the morning; and they would more-



over be found useful in protecting one from the swarm of gnats which infest all the private lodging-houses recently built too near the river, that prolific source of such insects. The loss, however, in such a climate and at such a time of the year as the spa season, can hardly be viewed as a subject for regret.

Not so the want of better attendance, which is really to be deplored in these private lodging-houses. Their owners are a poor, though industrious people, who can hardly afford to keep a servant. They—that is, the wife or the daughter—are, therefore, the only attendants on all the lodgers who bring no servants of their own. They wait on them, carry up their breakfast and tea, make their beds, &c.; and, what must be distressing to behold, (when a young delicate female, the daughter of the house, is employed in the fatiguing task, as I have sometimes noticed and remonstrated against,) they carry the hot and cold mineral waters on their back to the lodgers' apartments, sometimes as high as the third story, to fill the bath, in the houses which have no regular series of bath rooms.

Still, with all these drawbacks, the lodging-houses at Kissingen are very desirable, and superior to ordinary lodging-houses. As regards the



largest number of them, the view from the front rooms is everything that can be wished. Their situation is in a line along the principal street, facing the promenade and valley, and extends a good way on the Würzburg road, which is a continuation of that street.

The charge for a single bedroom varies from three to six and eight florins a-week; but in the superior class of houses, the principal apartments, or set of apartments, are dearer; in some cases hardly inferior to, and perhaps rather higher, than the charges made at the two great hotels in the place.

It would be an injustice to the proprietors of some particular houses among the rest just alluded to, (and indeed an injustice towards the visitors themselves,) were I to omit to signalize them as deserving unqualified approbation, and as not being amenable to the few objections already urged generally against private lodging-houses at Kissingen.

Of this excepted and select number I reckon the handsome and striking palace-like building belonging to Baron de Hesse to be first. Accordingly, its apartments are not only always filled with the tiptop aristocracy among the visitors, but are

bespoke long before the opening of the season. The house well deserves its popularity. Next comes a house adjoining, known as Cornelius Heile's, the principal story of which, with his roomy apartments *ensuite*, and wide balcony, is charming; and a third large house, near the latter, still called the *Post House*, from the circumstance of its having been till recently the post-office for letters and horses, and which belongs to Ed. Hemmerich, under whose name it is more generally known.

Again, we have an immense modern building, facing the extreme end of the great spa lounge on one side, and the bridge, the valley and the hills on the other, belonging to the younger Hailmann, (Adam Hailmann's,) who, with his captivating young wife, and an active amiable lady superintendent, (speaking most luckily French with great fluency,) contrive to attend and give satisfaction to the numerous guests who fill, during the season, its seventy or eighty rooms. I need hardly remark, that among the latter there are several arranged *ensuite*, furnished in a really handsome and costly manner, which are fit for the reception of any grandee, whether he be from Spain or the North Pole; and much

patronized, accordingly, by some of the latter number, who have their pockets, as well as their travelling-carriages, well lined.

I should next have enumerated, among those showy superior lodging-houses, all of recent date, one built at the end of the town, and at the head of that part of the valley which extends northward to the Salines, or the village of Hausen. This house, which is called Sander's, from the name of its owner, is a favourite (though a retired residence) with many of the spa visitors. It is always full, though inconvenient in some respects, as being distant from the wells, and having a northern aspect. Its destination, however, I have recently learned by a letter from Kissingen, is about to be changed, and the character it is to assume on the next approaching spa season, is that of an English boarding-house. The Hof-Meister, Mr. Schlatter, who succeeded that excellent man and manager, Ammon, last year, is the person who undertakes the concern, which I feel convinced will answer well, if properly conducted. It is the plan I had suggested to Ammon himself, and strongly recommended him to adopt; but he had other and better views, and left us for the *Harmonie* at Würzburg. Should Schlatter offer to single gentlemen, visitors

to the spa, or to a man and his wife, board and lodging in a well furnished bedroom, providing, at the same time, a general assembly room for the guests, and a handsome dining-room, which the house in question is fully capable of affording, at the moderate charge of from twenty-four to thirty florins a-week, servants' attendance included, and no extras ; he will fill his establishment quickly, and keep it full. And who of those who repair to Kissingen, either alone or accompanied only by another, would not gladly accept the boon of going through the entire term of four or five weeks their cure may require, for a sum of little more than ten pounds ; besides medical attendance and washing ? Can health be recovered more cheaply or more agreeably ? I approve most fully of Mr. Schlatter's scheme, and wish him success.

Though last mentioned, yet not the least among the more important and conspicuous of the private lodging-houses to be mentioned in this place, are the new residences of the three principal physicians. Dr. Maas', which was finished in 1836, and, forms the angle of the Ludwig Strasse and Promenade Strasse, is generally full throughout the season. The position is convenient, though not so agreeable as that of

Dr. Balling, which stands on an eminence at the foot of two hills, in the midst of flower gardens, and adjoining the new Protestant house of worship—or as that of Dr. Welsch, son-in-law of my good friend Dr. Maas, which stands insulated, (with an equally showy front as that of Dr. Balling,) on the opposite side of the river, nearly facing the bridge, and on the road to Trimberg and Lohr.

These gentlemen admit lodgers into their houses, which are commodious and well furnished, and supply the said lodgers with the morning and evening meals, and in some cases also with dinner. The charges are pretty uniformly the same in each of these three houses; an agreement is made beforehand respecting them: and the bills had better be settled at the expiration of every week. Of course the lodgers are not bound to consult or place themselves under the medical care of their landlords. The characters of landlord and physician are very properly kept quite distinct in all these houses, as they are equally so in the large lodging-house at the Apotheke, (Dr. Bosberger,) situated No. 103 in *Markt Strasse*, and the one No. 87, *Theresien Strasse*, belonging to the surgeon of the place, Herr Linhardt, an able and kind-hearted gentleman

by-the-by,—skilful in his art, down to the minutest branches of bleeding, cupping, and extracting teeth.

I have stated it as a remarkable fact, that all these several houses, purposely erected for the accommodation of visitors, in a small German village, (where nothing was to be seen but the most humble form of dwellings, when I first visited the place,) have a showy and pretending exterior, similar to those which now distinguish some of the principal new streets in the capital of Bavaria. So far the builders have shown taste: but in locating their various houses, their discernment has not proved equally praiseworthy.

One great mistake on their part has been to place the said houses in two parallel lines, so as to form a moderately-sized street at the extreme south end of the little town, quite close to the river, and on the flat ground. As regards health, this is not an eligible situation. Behind these there rise, with a west or west-north-west aspect, two gentle hills, between the Stationberger and the Bodenlaube, arranged almost in an amphitheatric form. Here on these declivities the new houses should have been placed, in the forms of crescents or as detached villas, with easy carriage rides, and footpaths, leading to the promenade and the wells. The view, a much

better air, a more favourable elevation, and the remoteness from the effluvia of the river, would have been so many recommendations to such a situation ; the small distance of which from the springs would have been a further advantage, as compelling the water drinkers to go through a little exercise both before and after taking the waters. To the eye of the beholder, too, the sight of NEW Kissingen, so disposed over the hills, would have been most imposing. It is not too late now to carry any future extension of house-building in that direction.

Another great oversight, in my opinion, has been, not to turn the course of the Saal from the point where the handsome stone bridge over it has been erected, down a straight line, along the margin of the Frankfort Road, to meet the end of the great sweep or curve which the river at present makes by coming close to the promenade immediately behind the Kursaal. Two great, indeed I may say paramount, benefits would have been conferred on Kissingen as a Spa, by this easy hydraulic operation. In the first place, the emanations of a foul and sluggish river, with its mosquitoes and dampness, would have been avoided ; and in the second place, an additional open prairie-ground would have been gained,



nearly fifteen hundred feet in breadth, which, being drained and raised to the level of the present promenade, might have been converted into a handsome, parklike, pleasure-ground by suitable plantations, footpaths, and resting places; the very thing requisite for the twelve hundred drinkers of mineral water, who are now crowded together like a mob twice a-day during the height of the season, under the shadows of three or four narrow and short avenues of trees.

The river being cut straight as a canal, might have had its bed made deeper, so as to improve the course of its stream, and might have served successfully as the great dyke or drain to receive the surface water of the new raised ground, as well as of the several conveniences which now exist under the arcade. The earth excavated out of the bed of the river, and other materials equally near at hand, would have rendered the operation of raising the space of the valley in question, perfectly easy and not very expensive. This operation would at the same time have completely remedied the inconvenience and loss now frequently experienced after heavy rains, from the Ragozi and Pandur being flooded by the river, which runs almost contiguous to them, and invades those mineral sources.



Again, as regards this second oversight, I say "it is not too late to mend."

Another improvement that suggests itself is, a suitable embellishment in that most valuable and delicious spring the Maxbrunnen. At present, the well, its appertenances and approach, are in the rough, as one may say. Of what nature the embellishments should be, it would be presumptuous in me to enumerate in the face of the fact, that the sovereign and his principal architect are better qualified than any one else to suggest them. All I may say is, "do it."

And while about it, I think also, that as there is a MOLKEN ANSTALT near the Maxbrunnen, it is fit that it should have a real habitation as well as a name; at present, the invalids who are directed to drink Molken with the Maxbrunnen, (and they are necessarily among the most delicate,) are compelled to stand in the wet or be exposed to the rain, resting their feet on cold stones whilst sipping their warm morning dose, or to seek shelter under a dripping tent very recently set up for that purpose.

Finally, I would point out the necessity of extending further, and of executing more completely, the pavement, especially the trottoirs on each side of the great street which runs parallel

to the promenade, and of the other street also which leads from this to the New Lutheran Church, with similar convenient approaches to the back buildings of the Kurhaus for foot passengers, who, at present, during bad weather, wade through deep mire to get to, or from their respective localities.

To complete all these improvements for the convenience of the cureguests, it would be as well to place at the north end of the Allée-Promenade, a conspicuous clock-dial on an elevated part of Hailmann's house, that the water-drinkers may regulate their time of interval, between the several glasses of water they drink. This would be a great accommodation.

There is another and the most important point of all, which must not be passed over on the present occasion, when I have undertaken the ungracious office of censor, to point out defects and suggest improvements. It is the absolute necessity of demolishing the old red building of the Kurhaus with its shabby baths and offices, to make room for a handsome, more commodious, and more regal edifice, equal to the reputation and wants of the place. While two private individuals are striving to beat down the popularity of Kissingen by raising that of a rival spa at no great distance, which they have

embellished with a most expensive and magnificent Kurhaus, shall it be said that the sovereign of Bavaria, with a mind of superior energy, and of unbounded taste in such matters, chose not to grant to Kissingen so important and necessary an establishment?

Not so indeed ! The thing has been distinctly promised by his Majesty more than two years since, the plans have been arranged, determined upon, and approved of by the sovereign, to the beauty, extreme convenience, and usefulness of which, both internally and externally, I can testify, these plans having been shown to me by that excellent and popular architect Herr von Gärtner : its absolute necessity has been more than acknowledged, and the visitors have been looking for the beginning of so important an edifice. How comes it that we are still left to wish, and no step whatever has yet been taken to execute the sovereign's intention and design ? Is there a will stronger than his, behind the throne ? I wot not.

## CHAPTER IV.

POLITICAL, CIVIL, AND MUNICIPAL CONDITION OF  
KISSINGEN.

The population of Kissingen—Its general character—Much altered since the increasing success of the spa—Friendly advice to them—Government supervisor—The Landgericht—The regency of Würzburg—Local authorities—Police—Special regulations for the spa—Passports—Post-office—Strictures—Banking-house—Medical practitioners—Permission to practise granted by the king to alien physicians—The author's special privilege accorded by his Majesty—The Apotheke or dispensing chemist—The *Commission-Bureau*—The Bad-List—Increasing number of visitors—Comparison between 1825 and 1836; and between 1837 and 1845—Effect of the author's publication on the number of English visitors at Kissingen—Aggregate pecuniary benefit produced to the place.

THE population of this little town has nearly doubled within the last fifteen years, owing entirely to the increasing popularity of its "health-

giving springs," as the Germans very appropriately call them. Allotting five individuals only to each existing house in the place, (292,) we have a total of fourteen hundred and fifty inhabitants, and I believe that fifteen hundred is actually the number.

Their character, like that of most of the southern Germans, is one of great simplicity of manner, friendly, complaisant, and good-natured. They are remarkable for their respectful bearing towards superiors, and unobtrusive disposition.

The Kissingen peasants are a pious race also, frequenting their churches regularly, holding their priests in reverence, and observing, with strict punctuality, all the ceremonies of the Romish faith.

Sobriety of living has hitherto distinguished them from other of their countrymen. There are very few *cabarets*, or low wine and beer houses, and drunkenness hardly obtrudes itself on public view. I have noticed with satisfaction, during the hay season, men and women when gathering in the July and August crops of rich clover in the valley, under a scorching sun, run to the well of the *Maxbrunnen* after their morning or afternoon work, to quench their thirst, and moisten their lump of dry rye-bread,

seasoned with some hard cheese ; instead of swallowing quarts of ale and table-beer, like those savage and intractable hay-makers, whether from Ireland or the North of England, who usually gather in the hay harvest in this country.

It was observed, while the great Kursaal was in the course of erection, some few years back, during the season of the waters, that among upwards of two hundred workmen employed in that structure, not one case of drunken broil or notorious drunken practice occurred. What can the people in the neighbourhood of the " New Palace " at Westminster, or the unlucky residents near a great railway work in England, put in competition with such a fact ?

Unfortunately, the desire of trafficking with the strangers who flock to the springs, the love of play or of lucre, the necessity of having dependents and servants from afar, have brought in a new element in the population of Kissingen, which does not tend to improve it, or preserve its character as described above ; and I am sorry to have to add, as the result of my repeated and successive observations, that some of the aboriginal inhabitants themselves are exhibiting a downward tendency in character, either from bad example set them by the menial or trafficking

strangers, or through the insatiable cupidity, inherent in man's breast, of grasping at more than he may fairly make his own.

I allude especially to some of the owners of the lodging-houses, and a few of the shopkeepers. The encomiums I passed on both for their moderation, in 1837, in my "Spas of Germany," is hardly now deserved! Prices and rents have been raised to an almost preposterous rate; and lodging, therefore, in the best part of the season, is nearly as dear as in England.

I tell the people of Kissingen, and the hotel-keepers, and the tradesmen, that they are injuring materially their own interests by such conduct, and my advice to them is, to return, as soon as possible, to ways of moderation, or in a few years their spa will cease to be frequented by any other but the wealthier visitor: and as these are necessarily few only, there will be the great hotels and two or three of the principal lodging-houses, which will alone drive a thriving trade, while the other houses will be deserted. Illustration of this may be seen even at present, though on a small scale. There were last season one or two lodging-houses with high pretensions, who insisted on keeping up more exorbitant prices than their neighbours. The effect was,



that during the best part of the season, these houses were empty ; and extravagant as the rent was which they obtained, when at last they succeeded in getting lodgers, that sum could never have compensated for the amount lost while the house remained empty.

In speaking of rents in the last chapter, I gave the largest range. Even the *minimum* is more than it was when I visited Kissingen the first time, and the *maximum* is precisely that extravagant sum of which I and all other visitors have reason to complain.

Kissingen is the “ *chêf-lieu* ” of one of those topographical political districts in Bavaria, called Landgerichts, which extends to a considerable circle round the spa. The Government supervision is confided to an officer called the *Land-richter*, who, in the case of Kissingen, exercises also the functions of Bade-Commissair. This officer is a magistrate empowered to administer justice and decide cases of civil and criminal jurisdiction to a certain extent in and around Kissingen. The police is under his control, and every necessary order and regulation for the well-being of the spa — the safety, comfort, and protection of the guests,—the making also and the enforcing of the various tariffs of charges in



all the matters in which the Government has a right to interfere,—emanate from, or are in the province of this species of governor.\*

In general, a person of character and distinction is placed in a situation of so much trust and (considering the circumstance of thousands of strangers congregating together from every corner almost of the globe) one of a particularly delicate nature also.

In this respect Kissingen, since I have known it, has been particularly fortunate. At present this important post is filled by Herr Freiherr von Zu-Rheim, Chamberlain to the King. My frequent opportunities of noticing this nobleman's conduct in his public and private capacity, during the last four years, enable me to declare that King Louis has never had a better representative of his authority in this favourite spa, or the frequenters of it a more friendly and effective ruler and protector. The advantage which he enjoys of having an amiable and fair partner, herself of a distinguished family in Bavaria, who aids him in doing the honours of his exalted station,—is an additional qualification, of which

\* This official person resides in the *Palais de Justice*, (Königliche Landgerichtgebäude,) situated in the Obere Markt Gass.

a LANDRICHTER cannot always boast, but which, where it exists, must redound to the benefit of the spa visitor.

Besides this politico-civil arrangement for the supervision of Kissingen, there is also the authority of the Regency of Würzburg, which extends over it, and which, in all matters affecting the existence, progress, changes, improvements, mineral waters, &c., of the spa, must be consulted, and its decisions respected. This is probably a continuation of that feudal tenure of Kissingen, whereby the Prince-Bishops of Würzburg, in former times, held possession of the place.

The organs through which that authority is signified and exercised in Kissingen, are the local officers elected by the people of Kissingen, and approved of by the sovereign, namely, the Burgermeister and its councillors.

The immediate government, however, and the police of the place, as before observed, are left to the Landrichter.

Fortunately, there is little occasion for any great display of police force. I believe about half-a-dozen *gend'armes* on foot, clad in a neat green uniform with red facings, with military cap and side-arms, suffice to maintain order in

the place, even during the royal festivals and public rejoicings, when the little town of Kissingen is actually crowded.

This arises probably from the clear and distinct manner in which the regulations of the spa, and the extent and nature of the several taxes, charges and fees to be paid, are clearly defined ; as we shall see in the next chapter, when speaking of the expenses of living at Kissingen.

The regulations of the spa, emanating from and enforced by the Landrichter's officers and agents, are few and simple, and tend to preserve order, to the great comfort of the visitors and invalids. Occasionally some eccentric or unruly individual is to be found, who rejoices in disturbing the King's peace, whether at the wells or in the baths. Against all such there is a scale of fines, on conviction before the Landrichter, of ten, twenty, and thirty dollars (thalers) for the first, second, or third offence, with a total abrogation of the privilege of drinking the water and bathing should a further repetition of the offence take place. But such, indeed, are rare occurrences. Fines, as well as imprisonment, await the lodging-house keeper also, who presumes to contravene the regulations established for his guidance. Housekeepers intending to let lodg-

ings, must take out a license, when the Landrichter settles the rent to be paid for each set of apartments on the basement, first, or second story, according as it may happen to be the beginning, middle, or end of the season. These rents may not be increased under any circumstances, but the lodging-keeper may lower them if he think fit. The tariff of rents ought to be found suspended in the lower passages of each lodging-house, just within the entrance gate. Any transgression of this rule is immediately punished, on complaint being made. By the existing regulations, the lodger is entitled, for the rent he pays, to have fresh bed-linen once a week, a clean towel every day, to have his bed made and the room swept every day, and the latter washed and rubbed twice a week, free of charge. Still it will be always prudent to have a clear understanding on these subjects with the owner of the lodging, at the outset.

Bavaria is one of the continental powers which strictly enforces the police regulations respecting passports. This regulation, of course, extends to and is rigidly enforced in Kissingen. Every visitor must on his arrival give up his passport to the master of his hotel or lodging-house, who, in the course of six hours, is bound to deposit the same in the Landrichter's office.

Among the various spa or police regulations, none is of greater importance than that which has reference to the medical practitioners in the place.

By the laws of Bavaria no person can practise medicine or surgery in any part of the kingdom, who has not been fully examined, admitted, and afterwards licensed, to practise in either branch of the healing art. The same rule applies to the dispensing chemist, *pharmacien*, or apothecary.

But with respect to settling as a practitioner at a bathing place or spa, a further license from the King, or the Regency of Würzburg, with the approbation of his Majesty, is absolutely required. In this there is nothing extraordinary. The same regulation obtains at all the watering-places in the German States, and in France, as well as Italy. No one can dispute the right of the sovereign or local authorities to enforce such a regulation. And yet at this, and at one or two other German spas, individuals of the medical profession have been found, who considered the exercise of this royal or municipal power, as an unjust restriction of their actions, and a curtailment of their own right to do as they please. They have, therefore, braved the police regulations for a year or two, until

compelled, *at last*, to procure the required permission, or retire. Can these individuals (strangers of course) ever reflect that a similar rule exists in their own country, where, as a matter of course, persons are not legally permitted to practise medicine, who are not duly qualified? In the very metropolis of England no inherent right to exercise the function of physician, because duly qualified, is acknowledged; the law requiring that a further license be obtained from the local medical authorities, the College of Physicians, for that purpose.

In furtherance, therefore, of the regulation above alluded to, we find that in proportion as Kissingen advanced in popularity and extent, medical persons duly qualified have been specially permitted to settle in the place as regular practitioners.

I have already alluded to Doctor Maas, the head of the staff, and at one time the only physician practising in Kissingen; at least, he was so when I visited it in 1836. He is the principal *Brunnenarzt* and *Königliche Physikus*.

In 1837 Dr. Balling settled in Kissingen, and made for himself a wide circle of practice among the German visitors especially, by the publication of a work on the Mineral Waters of

the place, which was deemed superior to those written before it. It has not been eclipsed by the German works since written by some of his colleagues. Doctor Balling also is one of the official Brunnenärzte, to whom, as well as to Dr. Maas, appertains the duty of seeing that all the health regulations of the spa are properly executed.

In more recent times the permission to practise has been granted to Dr. Welsch, a gentleman who had the good fortune to unite himself in matrimony with the daughter of the principal physician, Dr. Maas; and also to Dr. Diruf, who, with Dr. Boxberger, at the apotheke, (a practitioner of long standing,) and Dr. Pfriem, specially appointed for the baths at the salines, constitute the whole of the German medical staff.

A few years back his Majesty, in consideration of the increasing influx of English visitors to the spa, consequent upon the publication of "The Spas of Germany," was pleased to grant, by special degree, to the writer of this volume, his royal authority to practise in Kissingen amongst the patients from Great Britain, which decree appeared in the Government Gazette, and in the list of the medical staff, published every season by the Landrichter, among whom, accord-



ingly, my name has ever since appeared. Last year, by a further royal favour, this privilege was extended, without any solicitation on my part, to the right of practising *generally among* patients of every nation.

A second physician received last year permission, though not by a royal decree, to practise among the English only. For what reason, and under what circumstance, this permission was asked for and obtained, will appear in the Appendix. It is a curious little episode in the history of medical practice in Kissingen. The gentleman so permitted is Dr. Travis, formerly of New Malton in Yorkshire, son of the late Mr. Travis, a surgeon-apothecary of great respectability and worth in Scarborough, of whom I had the satisfaction of making honourable mention in my first volume of "The Spas of England."

I have had occasion to mention more than once the APOTHEKE. This establishment, or, as the French call it, *Pharmacie*, is on the best possible footing at Kissingen. It is a well-kept, well-supplied, and well-administered establishment. The dispensing chemist attached to it is diligent, able, and conversant with the several officinal and medicinal preparations of the pharmacopœias of other countries.



I have had but few occasions of seeing any of my own prescriptions made up here; for at Kissingen we fortunately require very little medicine. But on those occasions I have stood by to see that the drugs were good and the manner of compounding them correct, and I have been perfectly satisfied. The prices of the medicines, which, as in all other parts of Germany, are fixed by government regulations, are extremely moderate. They are a very contrast to the charges made for medicine at home.

Two other public establishments, for the pure convenience of the *Kurguests* at Kissingen demand a word or two of notice. The first is the "Brief und Fahrpost," at the head of which is Baron Von Weber. It was a few years since located in the large and very convenient house of Herr Hemmerich, near the Kurhaus, from whence it was transferred, three years ago, to the Hôtel de Russie, equally convenient and handy.

What could have induced a third translation (last year) to another out of the way and very inconvenient locality, viz., the Sächsische Hof, or Hotel de Saxe, in the Salinen Strasse, it is not easy to conjecture. Truly, a letter-box for receiving such letters as may be forwarded free

or of prepaid postage, has been placed in a conspicuous part of the promenade ; but this is a poor amendment of the great inconvenience resulting from the present situation of the principal office.

Under existing circumstances, Baron Von Weber administers his department with zeal, assiduity, and courteous bearing towards strangers. But there is something not quite right in the department, respecting the charges of postage and the length of time occupied in the transit of letters to and from England, which demands revision at head-quarters. It is not the baron's fault if strangers find occasion so often, during the season, to grumble on both these points. He administers the law as he finds it. The reform must come from higher authorities.

Of the second public establishment requiring special mention in this chapter, I need only state the fact that in the *comptoir* of the Kurhaus, visitors will find a bank of payment and discount, conducted in the name of the firm of Bolzano, by their relative M. Reuter, who is everything that strangers having to deal in money matters, can wish. M. Reuter is the correspondent of Messrs. Coutts ; Messrs. Herries and Farquhar, and some other principal bankers in London. He is always to be found at his post,

courteous, good-natured, prompt, and honourable in his dealings, and ever anxious to give satisfaction; towards accomplishing which object the more readily, he has, through recent efforts, qualified himself to converse both in the French and English languages.

There is a private establishment of infinite convenience to the stranger visiting Kissingen, which (after dismissing the public establishments respecting health and other objects) deserves to be named in this place. I allude to what is known as "Commissions und Arfrage Bureau." Its conductor, J. B. Niedergesees, is a man of business, a registrar-general, an auctioneer, a commission agent, a writer of newspapers, (witness his Kissingen Bad Zeitung,) and a poet to boot. He is, in fact, the *Caleb Quotem* of the place, and very useful he will be found. It were to be wished that he had made a greater progress in the faculty of speaking some other language besides his own, for then his usefulness would have been indeed invaluable.

As it is, however, if you wish to know the address of any body just arrived or residing in Kissingen, to seek for any article you have lost, to make public any advertisement, to dispose of any property, to ascertain any fact, or to obtain any

explanation, touching matters connected with the spa, &c., &c., Herr Niedergesees (no pun on the name) is your man.

He it is who publishes the Kurlist or List of Visitors, otherwise called the *Bad-list*, an official document chequed by the register, which is kept at the offices of the Landgericht, and which, more than any other statement, serves to show the progress Kissingen has made in the estimation of invalids of all nations.

Here is the proof.

If we look back over the kur-lists of the last thirty years, we find that,

In 1815 the visitors were 218.

In 1836 (the year I first visited Kissingen) 2060.

In twenty-two years, therefore, the number of visitors to the spa had increased by eighteen hundred and forty-two.

This was certainly "a progress," though a slow one. But see how much more rapidly this progress shows itself since 1836.

In five years from that time the number of visitors had doubled; and it was last year very nearly triple the number in 1836.

It took twenty-two years, as before stated, to bring the number of visitors from 216 to 2060.

It has required nine years only to bring that number from 2,000 to 6,000 !

That this is due conjointly to the works of the German physicians, and to that which was first published in 1837 by the author of the present volume, is more than probable. At all events, the question as to the influence of the the latter work on the increase in the number of visitors from England, admits of an easy solution ; for there had been but *three* English visitors at Kissingen in 1836, and *nearly* six hundred in 1845 !

That such an augmentation in the general number of visitors to Kissingen must have been productive of immense pecuniary benefit to almost everybody in the place, is a self-evident proposition. Everybody benefits by the presence of strangers, but especially of those from England. I know it to be a fact that with respect to six English families alone, resident in Kissingen in 1842, there was a weekly expenditure of 2,500 florins for the space of six weeks.

Calculating the expenses of the six hundred English visitors, during an average period of five weeks, at a weekly *maximum* of expenditure of 35 fl. 18 k., according to the 1st class of expenditure alluded to in the next chapter, we obtain a total

of 105,900 florins, or nearly £8,825 sterling left in Kissingen by the English during the season.

And if we assume that the five thousand general visitors who resided at Kissingen during the last season for about five weeks, had only expended, one with another, the *medium* weekly sum 22 fl. 9 k., set down in the next chapter, we shall find that a total sum of more than half a million of florins were left in Kissingen in 1845. Surely these are great results in mineral water drinking, brought about, too, in so short a space of time.

## CHAPTER V.

## LIVING AT KISSINGEN.

Taxes and fees—The town bade-tax—Lanternen-geld—Prices of baths, fees to attendants—Fixed tariff of charges—The exorbitant confectioner—Summary justice—Costs of an ordinary cure—Three classes of expenses—Lodgings—New English boarding-house—Rates of prices—Living at the principal hotels—Weekly bills—Charges for attendance—Blanchisseuses—Tables of expenses—Fares for town and travelling-carriages—Private housekeeping—Provisions—State of the markets—Supplies—Shops, and tradesmen—Bazaars.

I AM frequently asked by patients who are recommended to proceed to Kissingen whether “living” be reasonable or the reverse at that spa? A general abstract reply to such a question is all that can be given *vivá voce* at a medical consultation. But in a volume professing to give details and the fullest information on all matters relating to Kissingen which can interest a patient, the best



answer I can give to the said interpellation is to state facts and figures, and let the reader draw his own conclusion.

The first observation I have to make concerning cheapness or dearness of living at Kissingen is, that much must necessarily depend on the rank and character of the invalid resorting thither, his means also, and inclination, whether a great deal or little money, be expended during the average cure of four weeks. Nevertheless, matters are so ordained in the place that every one may calculate beforehand the expenses he may be disposed to incur.

These expenses may be reckoned—1st, as inevitable; 2nd, necessary; 3rd, optional.

The *inevitable* are the so-called TAXES OR FEES. Every stranger is equally called upon to pay these, except medical men practising, and paupers.

The first of these is the *bade-tax*, which is fixed at 3 florins (5s.) for every head of a family or single individual, and at 45 kreutzers (1s. 3d.) for every other member of a family, provided they reside for more than three days in Kissingen. It is paid once only, and is collected by the landlord or hotel-keeper, as the case may be, and by him paid over to the Landgericht. It is to all

intents and purposes a town or municipal tax, producing, perhaps, at the end of the season, a sum of nine or ten thousand florins, with which the authorities defray all necessary expenses of keeping up the establishment of the spa, such as sweeping, cleaning, and gravelling the promenades—keeping the parterres and garden in good order—taking care of the kursaal or general assembly rooms—lighting up the same during the evening of reunions—paying the attendants at the wells; and for the use and wear and tear of glasses, with other necessary expenses required for the general out-of-door comforts of the visitors.

This bade-tax intitles the visitor to drink of any and every one of the mineral waters so long as he remains at Kissingen, without any farther charge.

Another *inevitable* tax is the so-called *lantern-tax*. It is an improvement introduced only within the last three or four years. I say improvement, since, for the satisfaction of walking home at night along well lighted, instead of, as formerly, pitch-dark streets, one most willingly submits to the slender charge of *fourpence* per head for the season.

The next *inevitable* expense is that of bathing. This also is most moderate; and although the

profit from it goes to private individuals—inasmuch as there are no public baths—the local government claims the right of fixing the said prices, the surcharging of which would expose the offender to a heavy fine.

These fixed prices, according to the species or form of the baths, the water used, and the quantity of linen required, are to be found in the government tariff, which refers to many other “inevitable and necessary expenses” likely to be incurred by the visitor at Kissingen. To the prices of the baths should be added the fixed amount of remuneration to be given to the attendants.

The tariff just alluded to is published every year, signed by the Landrichter, and serves as a guide to the stranger in his payments. All that relates to the prices of lodging, the washing of linen, the hire of carriages for daily use or excursions, the price of the baths, as before stated, the remuneration of attendants or drivers, coachmen, &c., is clearly and numerically stated in this printed tariff. For the convenience of my readers who may visit Kissingen, and who may not be conversant with the German language, I have added, at the end of the volume, the latest tariff, taken from a useful little work in German, by

the Commission agent, a man himself of authority, in his way, in the place.

I witnessed, two years ago, the useful working of this said tariff, in the case of a regular extortioner, an exorbitant Italian confectioner, then in great vogue at Kissingen for the excellence and great variety of his loaves, buns, biscuits, and bread of every kind, particularly certain *petits pains*, which everybody was fond of having at their dinner, besides taking home lots of light wholesome cakes for breakfast.

A certain *richard* (an Englishman of course) was residing at the *Hôtel de Russie* at the time in question, where he occupied the entire first story. He was supposed by the good people of Kissingen to be a *millionaire*; and his splendid manner of living gave countenance to the supposition. He became, accordingly, an object for rapacity, chiefly among the itinerant tradesmen, strangers to Kissingen, of whom the one who aimed at his purse with a wider grasp than the rest, was the Italian loaf-maker from Würzburg. This fellow had been often required by the *mâitre d' hôtel* of our *riche Anglais* to furnish his account from week to week, during the six weeks' residence of his master at Kissingen. The light breakfast cakes sent home every morning, and the

celebrated *petits pains* for dinner also, required for a family of eight, besides servants, could be readily reckoned, charged, and paid for.

But such was not the "reckoning" which master confectioner intended by-and-by to make. He turned a deaf ear to the weekly salutation and interrogation of the *mâitre d'hôtel*, by declaring it was only "bagatelle, bagatelle," and might be settled in a lump at the end of the season.

That end came at last, and so came also the lump, in the shape of a demand of 800 *florins* for breakfast cakes and *petits pains*.

Now, a sum of £67 sterling in such commodities, expended in six weeks, or £11 a-week in bread stuff for a family of thirteen individuals, seemed *un peu trop fort* to the man of figures and of the world, who managed the affairs of our *richard*. He therefore applied to me for advice, and I recommended him to seek it at the hands of the Landrichter.

Here committed to the tender mercy of that magistrate, it was easy to devise what would be the issue of the preposterous demand. The man of *bagatelle* was first desired to prove the delivery of the enormous quantity of bread required to make up the eleven pounds sterling a-week, even

on the supposition that the family had ate most voraciously. This he could not do; and the utmost claim he could justify was the fourth part of the sum demanded. That sum was accordingly paid to him in the presence of the magistrate; but being convicted of a palpable *escroquerie*, and of a surcharge in violation of the tariff, the chap-fallen confectioner had to pay back into the fine-box of the police office one-half of that sum, and go and spend the rest in the gaol at Kissingen, where he remained for some time.

Measured by such attempted imposition, the scale of expenses and costs of an ordinary cure at Kissingen would indeed be alarming. The case, however, is not so, as may readily be ascertained by perusing the following short statement.

Three classes of expenses may be adopted, applicable to three corresponding subdivisions of spa-guests from every part of Europe, who live in private lodgings, take their morning meal at home, and their dinner, coffee, and supper, at a *tâble d'hôte*, at some of the hotels, or restaurateurs.

## CLASS I.

Per week.

£ s. d.

BREAKFAST—coffee, a small loaf, butter egg, (39 kreutzers daily)

. 0 7 7

## 126 FIRST AND SECOND CLASS OF EXPENSES.

	Per week.		
	£	s.	d.
DINNER at the Kurhaus <i>tâble d'hôte</i>			
(1 flor. daily) . . . . .	0	11	8
Half a bottle of good wine (36 k. daily)	0	7	0
Cup of coffee after dinner (6 k. daily)	0	1	2
SUPPER <i>à la carte</i> , with good wine,			
half a bottle (45 k. daily) . . . . .	0	8	9
LODGING, a well furnished, (8 florins			
a-week) . . . . .	0	13	4
Baths, including the drink-geld to the			
attendant (4 fl. 12 k. weekly) . . . . .	0	7	0
	<hr/>		
Weekly total . . . . .	£2	16	6
	<hr/>		

## CLASS II.

BREAKFAST—coffee and bread (daily			
15 k.) . . . . .	0	2	11
DINNER at a restaurateur (36 k. daily)	0	7	0
Half a bottle of good Saal wine (18 k.			
daily) . . . . .	0	3	6
Coffee after dinner, weekly . . . . .	0	1	6
SUPPER, with half bottle of Saal wine			
(36 k. daily) . . . . .	0	7	0
LODGINGS, weekly, 5 fl. . . . .	0	8	4
Baths, and drink-geld, 4 fl. 12 k. . . . .	0	7	0
	<hr/>		
Weekly total . . . . .	£1	17	3
	<hr/>		



# THIRD CLASS OF EXPENSES AND EXTRAS. 127

	CLASS III.	Per week.		
		£	s.	d.
BREAKFAST—coffee and bread (12 k. daily)	. . . . .	0	2	4
DINNER—three good home dishes (18 k. daily)	. . . . .	0	3	6
One chopine of Saal wine (6 k. daily)		0	1	2
SUPPER, with one chopine Saal wine (18 k. daily)	. . . . .	0	3	6
LODGING, weekly, 3 fl.	. . . . .	0	5	0
BATHS, and drink-geld	. . . . .	0	7	0
Weekly total		£1	2	6

To each of these weekly sums is to be added according to the extent of the means and inclination of every person included in each class.

1. The physician's honoraries for attendance.
2. Cost of washing.
3. The drink-geld to the servants of the lodging or hotel inhabited, and attendants at the wells.

Also, (generally for all classes,) the fixed charges for the

4. Use of the springs for the season (3 fl.)	5	0
5. Contribution to the band (1 fl.)	1	8
6. Tax for lighting the streets (12 k.)	0	4
Total	7	0

So that, taking every article of expenditure together, we shall find that a cure of four weeks, which is sufficient, in the majority of cases, would cost—

For the I. Class,	.	£11 13 0
II. Class	. .	7 16 0
III. Class	. .	4 17 0

Besides the 1st, 2nd, and 3rd items of expenses above specified, which must be considered as being *ad libitum*.

In these statements the expenses of lodging set down may seem to be contradictory to my remarks in the preceding chapter respecting the exorbitant rents now generally demanded at Kissingen. But the fact is not so. The extravagant sums demanded by lodging-house keepers last year were in contravention of the rents fixed for each house by the Landrichter at the beginning of the season. The inordinate desire to turn a good penny from the strangers instigated the householders to ask preposterous sums, at the risk of being summoned before the magistrate. On two or three occasions I assisted families in obtaining excellent apartments at the tariff price, which I felt assured was sufficiently remunerative to the landlord. The latter, however, felt differently on that subject; and by inattention, sulki-

ness, and petty annoyances, contrived so to disgust his guests as to drive them to the alternative of quitting the lodgings for the sake of peace. In justice to many very worthy proprietors of lodging-houses, I ought to add to the foregoing facts of last year, that they are not of very frequent occurrence.

I have already alluded in another place to the rumoured establishment in Kissingen of an English boarding-house. This perfectly novel feature of that spa, I have since learned from a letter of the projector himself, has actually received "body and form."

Herr Schlatter, who was last year Hof-meister at the Kurhaus, has purchased (it seems) the fine house of Sanders, in the *Spital Strasse*, well calculated for the object, and will open it at the beginning of the present season as a *Pension Anglaise*. I am well acquainted with every part of the house in question, which possesses the advantage of the best set of bath-rooms in the place, smart gardens, with a large dining-room in it, a well-furnished *Salle de Conversation*, and other apartments, on three stories. The residence itself is fit for any, even the most fastidious lady or gentleman.

But, then, what as to the cost for boarding ?

I answer, that if Herr Schlatter understands what "a plain English dinner" ought to be, and really intends to give such an one, agreeably to his own statement, the total amount of expenses of "living at Kissingen," by adopting the "Pension Anglaise," will prove less even than the very reasonable charges given in my antecedent classifications.

I insert in this place, with pleasure, the terms of this new establishment, which I am glad to hear is set up with the full approbation of Herr Schlatter's former employer, Mr. Reuter, and is exceedingly well calculated to succeed.

Three repasts in the day to be taken at fixed hours in the *Salle à Manger* in the garden, are to be thus constituted:—

*Breakfast.*—Tea or coffee, bread, butter, and eggs.

*Dinner.*—"A plain English dinner."

*Supper.*—Tea or coffee, bread and butter.

*A bed room*, and an admitted right to use the Conversation Saloon as sitting room.

Attendants' services of every sort.

In January, February, March, April; October, November, and December, 4*s.* per diem.

In the months of May and September, 5*s.* per diem.

In June, July, and August, 6s. per diem.

Private sitting-rooms, baths, fire, municipal or local taxes, coach-house and stabling, are not included in the preceding terms, but form extra charges, to be in strict accordance with the Government tariff.

In his private letter, the proprietor promises to exert his zeal to the utmost, to please and give satisfaction to all who will honour him by becoming his guests : and as he is well acquainted with the habits and wishes of the English, whose language he speaks fluently, he hopes to secure their patronage by endeavouring to promote their comforts.

In the principal hotels living is very moderate for single men or solitary guests ; but I must say rather the reverse as regards a family of two, three, or more persons with their servants. In the latter case, it is always customary (and an excellent practice it is) to settle the house bills weekly. There is great satisfaction in knowing and feeling that on waking on a Sunday morning you owe nothing to any body.

The average amount of the weekly bills at the Kurhaus and Hôtel de Russie, for example, where several of them fell under my observation, has run from twenty-five to fifty and sixty florins

for a small family a week ; the latter sum being equal to five pounds. One point in regard to such bills seems to remain as unsettled as ever, namely, the *douceur* or remuneration to be given to the servants of the establishment.

Of late a regular charge for gratuities of this sort is entered in the bill ; but most of the visitors object to this arrangement, as the money is supposed to be equally distributed among all the servants of the establishment : the giver of it is thus deprived of the pleasure of testifying his satisfaction at the conduct of any particular servant among the number, who may have especially waited upon him ; unless he bestows an additional *douceur* on the individual, which would seem to be an unjust burden.

I think that useful plague of every week, a *blanchisseuse*, has been a sore subject in all ages and among all civilized nations. At Kissingen it is especially so. Their natural tendency to impose on travellers is here indeed checked by the tariff regulation which, with especial reference to this subject, will be found in *extenso* in the Appendix. But even in spite of this check, travellers should be on their guard against imposition, keep a strict account of their linen, and employ only such females as are recommended by the master of the hotel.

To those who take their own horses to Kissingen it is right to state that they will find the provender very indifferent, the oats in particular, one schaffel or measure of which costs from five to six and a half florins ; and a hundred weight of hay, one florin and twelve kreutzers, or two shillings. Good wheat straw is not abundant. I found, on the whole, the keep of horses to be about two-thirds of the price we pay in England.

In the tariff will be found the taxes fixed by law for a carriage, horses, and driver, engaged either by the day or month, and for temporary purposes or country excursions. The price of a pair of post-horses is :—

Five florins to Hammelburg, a distance of five stunden, on the road to Frankfurt.

Three florins to Münnerstadt, a distance of three stunden on the road to Saxony.

Six florins to Neustadt, above Bochlet, six stunden distant, in the direction of Kreuzberg.

Four and a half florins to Platz, an elevated station, distant four and a half stunden, on the top of a hill, half way to Brückenau.

Three and a half florins to Poppenhausen, a distance of three and a half stunden, on the road to Schweinfurt, Nüremberg, and Munich.



With a few lines on the subject of private housekeeping, I shall conclude the present chapter, wholly devoted to useful and practical information not to be found in other English works on the medicinal effects of the sources of Kissingen, but which I consider as essential to the visitor or bad-guest, as the medical hints that are to follow.

Some English families have tried the experiment of keeping house, engaging for that purpose a suitable range of apartments, with the use of the kitchen, and ordinary attendance. Such families have generally a foreign courier with them, who can *faire la cuisine*, and go to market. The object in all these cases has been economy, when the family was a large one, and dining at a table d'hôte would have cost nine or ten florins a day, in addition to four or five for supper at the hotels; making a preposterous daily expenditure of from twenty-five to twenty-eight shillings, besides breakfast. Now, in such cases, self-boarding (by having recourse to the supplies in the market) has never cost more than half the sum in question; and the fare has been superior, more wholesome, more abundant, and better cooked. With the help of a German man-servant and a foreign maid, both desirable adjuncts

to a large family travelling to and intending to sojourn in Germany, this plan of housekeeping is of easy accomplishment, and much to be recommended.

As a guide to all such housekeepers, I have inserted a short list of the current prices of various articles of food and condiment, to be had in the various shops in the town, and in the market, which is held from six to twelve o'clock in the morning, where the supplies are generally good and abundant.

Of the former there is no lack in Kissingen. Besides the indigenous or permanent tradesmen, the temptation of dealing among so many wealthy strangers, allures to the spa during the season, merchants, hawkers, artificers, and shopkeepers from Würzburg and Munich, from Bohemia, from the Tyrol, and even from Italy, each bringing their particular wares.

Some of these occupy certain gaudy, highly decorated shops, Chinese fashion, erected on the outer border of the principal promenade or Promenade Strasse, and these are emphatically styled Bazaars.

Others, with less pretension, set themselves up with their *anticailles*, scraped together among the most remote hamlets of the Tyrolean

mountains, their wood-carvings from the Black Forest, and deer-horn cuttings from the Thuringian or Taunus hills, which they display under a humble tent between two trees at the end of the promenade alleys.

Now and then the sly temptation or allure-ment is thrown in of a handsome woman in Tyrolese attire, short petticoat, slender ankles, a well *cambré* back, and a round *beaver*, high-peaked and feathered, coquettishly flung on one side of the head, to show off the black tresses of the other side. But there is never any harm in this display, for the husband, and the brother, and many cousins are there, to hem in securely the attractive beauty.

## CHAPTER VI.

## A DAY AT KISSINGEN.

REVEIL—Early rising—Morning visit to the springs—Number of visitors—The company—The band—Promenade—Provision for a breakfast—Retreat—Noontide—The baths—One o'clock dinners—Table d'Hôte—Private dinners—Restaurants—Dinners at home—Airings—Riding and driving—Calèches—Bath-chairs and donkeys—Afternoon water drinking—Evening promenade—Royal levees in the open air—Presentations—Soupers à la Carte—To rest—SUNDAY SERVICE.

THE sun has been gilding the top of the Altenberg and the twin hill on the further side of the Saal, for more than two hours, and now its rays begin to impinge on the white frieze of the colonnade of the Kursaal, when the sudden burst of twenty brass wind instruments on the yet

still air of the morning, rouses from their slumbers fifteen hundred invalids, and calls them to their daily routine of spa life. It is six o'clock, and the *reveil* brass band, beginning its inspiring marches in the centre of the town, perambulates its principal streets, to awaken the inhabitants, and so proceed to take up its usual station in the middle of the Allée Promenade. The present brass band, by-the-bye, is vastly superior in number and skill to that of former years, and performs a variety of marches during the morning perambulation of the invalids, worthy to be heard.

These agreeable *alarum chimes*, as we might call them, are the signal for the invalids to rise and at once proceed to the wells. It is the morning visit or morning cure, which in all cases it is desirable should begin not later than six o'clock. A few, principally Germans, attend at the wells as early as five o'clock, A.M., where they find proper persons ready to listen to their wants.

Though not quite so early, the greater number of English invalids present at any one time in Kissingen, perhaps, two hundred of them, are up and on the spot, in obedience to general usage and the instruction of their medical adviser,

soon after six ; when they drink their first dose of the water recommended for their particular case.

The number of general visitors to the springs go on increasing at every instant of time of the early morning until about seven o'clock, when it may be said to reach its culminating point ; and then the alleys, and partèrre, and colonnade, on which, but an hour before, lay the stillness of the grave, resound with the babel-like buzz of many tongues, drowned now and anon by the more harmonious noises of the instrumental music.

If any one of my readers has ever studied the Kur-list published at all the spas in Germany, and at Kissingen as well, giving an account of all the arrivals, he may readily picture to himself the general *ensemble* of the company crowding to the springs for the morning health-giving beverage.

From the most exalted personage to the humblest individual, whose only companion and support is a crutch, every gradation of rank and station in society is represented in the motley group promenading up and down the several alleys during fine weather, or along the arcades if

the day be wet or foggy. Their varied costumes as well as their tongues, their very gait and gestures betray the nation to which they belong.

Some pace, solitary and indifferent to what is going on around them, the measured distance between the several glasses of water they are to drink, and seem to brood over their own ailments; others, on the contrary, joining a friend, perform their allotted task of the morning cure in his company, cheering and comforting each other by comparing notes of their respective cases. Groups of three, four, and more invalids saunter here and there with the light springy step that denotes an advanced and successful period of the cure. Sometimes your progress down the principal *allée* is suddenly barred by a string of youthful and fair creatures, beginning with the handsome and stately mamma on the left, and ending in organlike decrement with the fourth or fifth young daughter, each presenting some tokens of broken health in her countenance.

Hark to the grinding noise of those tiny wheels on which is drawn a bath-chair. O what a frail and drooping lily is seated thereon! She is proceeding to the wells, to quaff, in full confidence that she will be restored to the blessing of



health, the miraculous water. St. Petersburg or London has sent her hither, and she will probably return to her home a changed creature.

In this manner the company continues its morning promenade for two hours, drinking, during that time, the prescribed number of glasses of one or other, or of two in succession, of the mineral waters at the fountains.

The band in the meantime (after playing the morning hymn) having set aside some of the brass instruments and assumed violins, violas, and bass instead, has formed itself into a regular orchestra around the lofty stand. They continue to enliven and charm the ears of the perambulators for the space of two hours, performing some of the most popular pieces of German and Italian composition—many of them new and striking—copies of which the leader is often requested to supply, for a consideration, to the *melomanes* ladies among the invalids.

This, and the timely issue of the printed list of arrivals in Kissingen on the previous day, from the Commission-Bureau, at the price of three kreutzers, (one penny,) form two episodic diversions in the monotony of the morning promenade. You see almost every body conning over the flying sheet, on which is inserted, among

that of many more, the appearance at the spa of Graf Von WETTIN, *mit Frau Gemahlin*, und *Gräfinen* THERESE und ELIZABETH Von WETTIN, the *incog* appellations of the sovereign Duke and Duchess of Altenburgh, and their lovely daughters; or of HERZOG Von M. . . PAIR Von England, *mit der HERZOGIN, seinen Frau Gemahlin*; followed by the names of some half dozen *Kaufmanns*, two or three *Ritters*, and a *Freiherr*, with his *fraulein tochter*, succeeded by FRAU Von Winterfeld, glorying in the short matrimonial appellation of *Ritterschaftsbesitzersgemahlin*; in the midst of all of whom your eyes rest on a laconic line, printed in the largest type of the Commission Bureau's printing press, and bearing the illustrious name of GRAF PAWLOWSKY, being no less than the Emperor of Russia's brother, accompanied by a numerous staff.

This will afford a pretty clear notion, to such of my readers as are unacquainted with spa life, of the kind of society they are likely to meet at Kissingen, where unquestionably the *elite* of cosmopolitan company yearly assemble.

But the hour of eight has struck by the Kurhaus clock. The orchestra has closed its books, and is filing off like a troop of soldiers in uniform; while at the end of the two middle *allées*, stalls

have been set up, which groan under piles of fancy bread, cakes, buns, brioches, and *petits pains*, of all sorts and sizes, the intended provision for an invalid's breakfast.

To these stalls almost every one eagerly runs for his share of the tempting supply, which he carries home in his hands, wrapt up in paper, devouring, in imagination, the dainty bits that, with some coffee, or milk and water, or light cocoa, are to constitute his morning repast. In another moment the promenade is deserted ; a general, an almost simultaneous retreat has taken place in-doors, where every invalid, with appetite more or less sharpened by returning health, and by the exertion of the early morning, busies himself in doing justice to his breakfast.

When noontide is come, other occupations demand his time. He has been ordered to take baths either in the town (in his own dwelling, or at the Kurhaus) or else at the *salines*. From eleven till twelve o'clock this necessary operation is generally performed. It lasts half an hour or so ; and many of the bathers are directed to lie for another half hour afterwards in bed. The hours of bathing must be observed with precision, that all may be enabled to accomplish so necessary a part of the cure, for which the accommodation

provided is neither sufficient nor of the best kind, and that the hour of dinner may not overtake you unprepared.

One o'clock is the very nick of time for that most important and principal repast. The dinner bell of the Kurhaus has tolled its first warning; its second tolling has just began, and is responded to by those of the rival house of the Hôtel de Russie, and the lesser tinklings of the minor eating-houses. *Presto*, from their respective dwellings you behold sallying forth hundreds of cur-guests making their way, some to the former of these two great establishments, others to the second, and a very great many besides to the lesser ones.

The *tâble d'hôte* at both the two first mentioned hotels is spread in large capacious banqueting rooms, (albeit not sufficiently lofty,) where two, three, and even four lines of tables, running parallel down the room, like a college hall, are prepared to receive from two to three hundred guests.

A ring of carved wood, or ivory, or fancy paste-board, destined to encircle your napkin, (which is changed but twice a-week,) is inscribed with your name, and bespeaks your place at the board. At some of the German spas (and it was so at Kissingen also, until some recent irregularities

in the practice crept in) certain regulations govern the order of sitting. To the newly arrived guests the lowest places at the table are assigned; and as the seniors, on completing their cure, vacate their seats at the upper end of the room, those at the lower end successively ascend towards the higher. You may not change your places for any other, without the consent of the parties occupying them, though you may remain where you were first placed if you please, letting the others go by. At the Kurhaus, the middle either of the right or left-hand table, with the back to the wall, is the most comfortable station. It is more free from draughts of air, and you are not worried, as you must be if you sit on the opposite side, with the bustle of thirty waiters fanning your back, or soiling your clothes in their hurried gaucherie. As to the top tables, the heat there, particularly towards the conclusion of the dinner, is intolerable; and the Germans will not hear of a window being opened, even in the hottest summer!

A dinner at a German *tâble d'hôte* is an amusing sight to strangers unaccustomed to it. The order in which the dishes are ushered into the room, in "single rank and file" fashion, and next deposited in a straight line down the middle of the table, but at most respectful distances from

one another, to be again, in the very same moment of time, (at least as far as the few *pièces de résistance* are concerned,) snatched away to undergo the process of dissection in an adjoining apartment, within both sight and smell—is in itself a ceremony worth the price of the dinner to witness for once.

Practically, however, this replication of an in-and-out conveyance of the necessities of life, where the appetite has become impatient, is found very irksome, and to some people intolerable. It involves waste of time, from the endless delays it occasions, and affords more leisure for the ready tongue of complaint against the dinner.

As to the quantity and culinary character of the dinner, there is but little to choose between that served at the Königliche Kurhaus and the other at the Russische Hof. The price at either hotel is the same. Viewed in reference to its cost, (1 fl.=1s. 8d.;) the supply is generally abundant, but not quite so in reality, if we estimate the number and description of dishes served.

A dish of broth invariably precedes a portion of the beef which has served to make it, selected *ad libitum*, and repeated in the like manner, out of a number of platesful of the same handed round by the waiter. Something fried follows, escorted

by two or three sorts of vegetables—young carrots to wit, or finely cut cabbage, or *navets en purée*. Then comes the *entremêts*, sometimes two, sometimes three in number ; and these are invariably succeeded by two sorts of *rotí*, one of which is oftener than not *une portion de chevreuil* (also *ad libitum*) considered by most of the guests as the best part of the dinner. That it is the most wholesome of all the viands exhibited, I am inclined to think ; and indeed I should protest against the presence of so many unwholesomes laid on the table at the same time, (so unfit for invalids,) did I not know that in their company are mingled many of their friends, and members of their families, who drinking none of the mineral waters, and enjoying good health, can digest anything.

There was formerly a species of medical surveillance over these public dinners, and one of the *Brunnenärzte*, I believe, had his knife and fork regularly laid at one of the tables for that object. But the practice has since fallen into disuse, and the host as well as the guests, may riot with impunity in every species of dietetic irregularity ; the one in giving, the other in taking things incompatible with the use of mineral waters.

To such as object to dining in public, opportu-



nities offer themselves, sometimes, of joining a few friends to dine in a private room at a later hour, and by doubling the price, procure as good and as abundant a repast as could be desired. Thus it was that the renowned Minister for Foreign Affairs of Russia, while residing at Kissingen, in '43, with a numerous staff of *employés* and diplomatic agents from the same country, attached to the various courts in Germany, managed to secure an excellent table at the Kurhaus every day at three o'clock.

Many visitors have expressed a desire to have a superior kind of table d'hôte dinners, served at four o'clock, and at a higher charge. There is every disposition on the part of the proprietors of the Kurhaus to comply with the request; but unfortunately, a suitable room is wanting for the purpose, and the thing has consequently never been accomplished.

Some families, when staying at an hotel, prefer taking dinners in their own apartments. I can speak favourably of the manner in which this is done at the Kurhaus, as having had enough experience on that point. Here, as well as at the *Hôtel de Russie*, you may order in the morning the particular sort of dinner you require, and fix the price of it accordingly. Al-

together it is the most rational mode of proceeding in the important question of *mittag* repasts, when the party consists of four or five members, and a little saving is of consequence.

I have already mentioned in a preceding chapter, that at one or two of the *Restaurationen*, a very plain and wholesome dinner, consisting of three or four dishes, dressed in a simple manner, may be procured at a very moderate price. From these same houses, the like dinner, warmly and snugly deposited in a pile of six or eight deep round dishes, covering each other and linked together by two leather straps, is sent to the private lodgings of any of the invalids, who cannot or do not like to leave their room to get their meals. For the sum of one florin, or, at the utmost, a florin and a half, a dinner may be thus got, which will serve for three persons quite well, and leave something for supper.

Coffee is an indispensable adjunct to the repast of dinner. During fine weather it is drank under the Linden in the outer *allées* of the Grand Promenade, where appropriate tables and seats are provided for the purpose. Between two and three o'clock the place is crowded with coffee-drinkers and cigar-smokers, the two operations which in-

variably go together in Germany, the English following the example of the natives, though ladies in considerable number be present, who, however, appear to stand the process of puffing as ably as an author.

Whilst a very large portion of the company is thus engaged, others, who had been taking a little siesta at home, are seen sallying forth again for a distant airing. Some riding, some driving ; while a few, preferring the humblest of the carrying quadrupeds, mount the limited number of donkeys that have been introduced within the last four years, and either on these or in a wheel-chair, or in a hired calèche of the place, depart for an afternoon's excursion, to some one or other of the various places I before introduced to the notice of my readers.

But all must return by or before six o'clock to the Allée Promenade ; for modern practice has willed it, that the waters should again be drunk, under certain modifications, in the evening.

At the hour mentioned the orchestra, already at its post, stronger than ever, has given the signal to the company to begin their movements, by playing some magnificent overture of Meyerbeer, or of some other equally popular German or Italian composer. The wells are once more be-

sieged by multitudes as in the morning ; and the evening promenade enlivens apace, until the *Quinconce* is actually swarming with pedestrians in all directions.

The contrast, however, between the morning and the evening assemblage, is remarkable. The *négligé* costume, and *demie-toilette* of the ladies, which impressed then a marked character on the many groups, have given way to the *recherchés* and most fashionable dresses. The gentlemen, too, are not behindhand in this metamorphosis ; and even the younger branches of the invalids' families (for at Kissingen in particular the presence of children in considerable force has been noticed) are decked out in some of those manifold, fantastical, yet becoming *tournures*, which distinguish the modern infantile age from all that went before. Kensington Gardens, in its palmy times, of highly fashionable week-day promenades, and bandplaying, never presented a more striking scene. We observe this in no other spa throughout Germany ; but there is good reason for the practice at Kissingen.

What has suddenly arrested the flowing wave of promenaders at the upper end of the wide and principal allée, or mall, near the wells ? And why

is a circle slowly forming around and at a respectful distance from a group of three or four magnificently dressed ladies, next to which are two or three more, escorted by as many cavaliers, whose ribbons and crosses denote them to be persons of rank ?

See HER, whose loftiest bearing and majestic figure contrasts so admirably with the more youthful and charming contours of the two ladies by her side, advancing a step forward, and with infinite grace acknowledging the respectful obeisance of a foreign princess, or the bow of some great personage wearing mustachios and a *royale*, whose names have evidently been mentioned aloud by an elderly gentleman of the party.

Is this a presentation? is it a levee in the open air? It is so: and that group is formed by FRAU GRAFIN VON TECK, and the *Grafinen Katharina* and *Augusta* VON TECK. In other words, it is her Majesty, the reigning Queen of Würtemberg, with her two young princesses, who in this manner honours the evening promenades, and with condescension and great affability is pleased to receive, thus in the open air, such of the guests from foreign parts, as are entitled to that distinction, and signify to

her Majesty's Obersthofmeister their wish to be so presented.

Anon, at another part of the mall, a ceremony somewhat analogous is taking place, but the principal personage is a youthful and lovely princess, the bride of the royal Crown-Prince of Bavaria, who has just alighted from a splendid calèche, drawn by four spirited horses. Or at another period of the season, it is the grand Duchess Helena of Russia, as Countess PAWLOWSKY, with her three charming daughters, the melancholy fate of one of whom Wiesbaden had lately to deplore; or lastly, it is the brother of the Prussian monarch who holds a little court *sur deux pieds* in the public walks; or, to crown all, it is the sovereign of Bavaria himself, who, accompanied by an aide-de-camp and the Landrichter, rapidly paces down the middle allée, receiving the hearty and sincere salutations of his loyal subjects, and the strangers who are then enjoying Bavarian hospitality and protection; acknowledging the same with much affability, and here and there addressing a question or a kind word to some whom he is pleased to single out.

These are the episodes that distinguish the public promenades of the Kissingen invalids in the evening, and which, by inducing among

them a habit of studied decorum in manner as well as dress, have given to the out-of-door part of the mineral water treatment in this spa, an elevated tone not to be observed elsewhere, except at Carlsbad.

The hour of the evening repast in the meantime has been approaching, and the blazing lights that shine forth from the numerous windows of the Kurhaus, invite the company to retire from the dewy mall into the supper-room.

Here a scene different from that of the one o'clock repast presents itself. The three long parallel lines of decked tables have disappeared, and in their stead, many shorter and detached tables, thrown across the long saloon at equal distances, receive as many separate parties of visitors. They are come to partake of the good things provided by a French cook, and detailed at length, with their corresponding trifling prices, in *La Carte*, from which each guest selects what he likes best for the occasion, and often indeed does it happen that the evening repast is far better in quality and more choicely dressed, than the one in the morning.

From two to three hundred people find their way hither in the course of the evening, thus to assuage their sharpened appetite ; some retiring



when the room is crowded, to make way for others, who, in their turn, yield their places to a third and fourth set of equally hungry invalids, and their companions. In my estimation the *soupers à la-carte* are one of the crack resources of Kissingen.

At length the hour is arrived for retiring to rest, and then closes a busy day at Kissingen, until the morrow, when every phase will have to be gone through again, and so on for the space of four weeks at the least, at the end of which period, the time elapsed from the commencement of the cure seems almost a dream. By ten o'clock P M., nearly the whole population of invalids in Kissingen is buried in sleep!

There is a day in the week on which an additional and a sacred duty is to be performed. I have already spoken of a sort of temporary room, granted to the Protestants for DIVINE SERVICE. For the last several seasons, this has been regularly performed every Sunday, with exemplary zeal, by the Rev. N. B. Mahaffy, from Ireland, who has settled permanently with his family in Kissingen. Hitherto, in consequence of the Lutheran congregation sharing with us the use of the locality alluded to, we could never have any other than an evening service, at three or four

o'clock,—the morning hour of eleven being appropriated to the Lutherans.

The removal of the latter to their newly-erected church in *Kapellen Strasse*, will leave the original room entirely at the disposal of the Protestants, who, no doubt, thanks to the reverend gentleman just named, and the occasional clerical visitors at Kissingen, who have hitherto been found ready to volunteer their services in the holy work, will, at the next and every ensuing season, enjoy the comfort of a regular morning as well as evening service.

For this spiritual comfort so vouchsafed to us, it is to be hoped that a suitable subscription in behalf of the worthy minister, will be entered into by every Christian and wealthy English visitor, in the book prepared for that purpose by a committee, this being the only remuneration he has any chance of receiving.

## CHAPTER VII.

## OCCUPATIONS AND AMUSEMENTS.

The newspaper room—Circulating library—Home studies—Lessons in German—Music lessons—Letter writing—Sketching—Botanizing visits—Private society—Card-playing—The faro and roulette tables—Reunions—Private balls—Concerts—Wandering minstrels—Lecturers and conjurers—The theatre—Shooting gallery—Fishing and sporting—The King and Queen's saint's and birthdays—Banquets—General illumination—Torch-light serenades—Fireworks—Musical welcomes and farewells—Country excursion.

It has already been stated that Kissingen offers not to the visitors those attractions, of pleasure and dissipation, which especially distinguish many other spas, as, for instance, that "Queen of the Spas," Baden-baden. Yet Kissingen has its amusements and pleasurable occupations, to beguile the idle hours away.

There are the in-door occupations, which are

intellectual, improving and profitable. There are amusements out of doors which partake of the same character in a certain degree, or are mere kill-time occupations. Lastly, the visitors have amusements thrust upon them in the way of public festivals and rejoicings, in which they gladly enter *bongré malgré*, and so the season jogs along to its end.

I place Carl Jügel LESE KABINET, and *literarisch artistische anstalt*, and its yet more useful adjunct *Leihbibliothek*, at the head of the first of the intellectual occupations. This well-known and indefatigable bibliopolist of Frankfurt has established, on a large and liberal scale in Kissingen, in the handsome house of Adam Hailmann on the Kurplatz, at the end of the mall, a newspaper room, in which from thirty-six to forty journals in various languages, are daily received, besides weekly and monthly publications, together with the Bad-list of the principal Spas of Germany. Two London papers, the Times and the Globe, are among the number; and Galignani's Messenger, which, from the comparative proximity of Kissingen to Paris, brings to the anxious English visitors news from home far more quickly than it can be obtained through our own journals.

The English journals arrive by post every

morning, (one day in the week excepted,) between eight and nine o'clock, but they, as well as the French papers, undergo a kind of supervision at the office of the Landrichter before they are allowed to find their way into the reading-room.

Between twelve and one o'clock, the reading-room is much frequented, and again between four and six o'clock in the afternoon. Early in the morning the attendance is not so great, people having to see to other and more important things for their health. It is this hour of the morning, a man of business, not drinking the water, would select for the quiet and uninterrupted enjoyment of mental recreation.

Connected with the reading-room is a circulating library, well stocked with all the most recent productions of modern literature, German as well as French, in addition to all the Parisian and Belgian reprints of English works of note, and a choice number of Italian books. Light literature, romance, or novels, greatly preponderate and justly so, inasmuch as the mind of the spainvalid should never be burdened with subjects requiring much thought and reflection.

The subscription to either of these establishments is very moderate. A register is kept of the subscribers, setting forth their name and

address, and the length of time for which they severally subscribe. It is gratifying to see, at the close of the season, that this curious album of autographs is full to the brim and even overflowing; for an additional page or two beyond what the proprietor had prepared, is commonly required to complete the record of the season. This is as it should be, and Carl Jügel deserves every encouragement for having endowed our favourite spa with so important a feature. He was about to try to keep the establishment open throughout the winter, at the earnest entreaty of the principal inhabitants and a few of the strangers, who proposed to sojourn at Kissingen during that season. Let us hope that his praiseworthy compliance may not occasion a pecuniary loss.

The invalid who has brought his own books and has special intellectual pursuits, applies himself to them at home on the morning on which he is not engaged to bathe; but the most frequent occupation of this sort, particularly among young ladies, is to take lessons in the German language. This commendable anxiety to become acquainted with the language of the country we happen momentarily to inhabit, that our tongue may be untied, and we may speak,

distinguishes, in a marked manner, the fair visitors from England from all others. Herr Wertheim, who stands justly at the head of the popular teachers of the German language; Mr. Crell, of Berlin; and that eccentrically amusing, vivacious, and clever professor of almost every language in Europe, Mr. Ollender, from Sweden, can tell you, that of the total number of their pupils, seven-eighths are English ladies.

The latter, who can never be idle, be they at home or abroad, find another source of in-door occupation, in following up, with the aid of a master or mistress from Würzburg or Munich, their practice of singing and playing on the pianoforte; which instrument is now imported for the season, in considerable numbers (many of them good) from the neighbouring towns. The price of the hire and of the lessons together, is such as to tempt almost every young lady to go through a course of practice and instruction in music.

As the absent must not be forgotten, and as very few invalids visit Kissingen who do not leave behind them at home, some cherished being, whose anxiety to hear tidings of the invalid's progress must be relieved—letter-writing becomes another of the necessary in-door occupa-



tions of daily occurrence. In this respect again, the English take the lead at Kissingen; the epistolo-mania does not extend to the German or Russian, still less to the Italian and French kurguests, in the way that it affects the people from Great Britain, especially the ladies. As the post departs every day without exception, before five, and again before eight o'clock in the afternoon, plenty of opportunity exists for indulging such a propensity.

But while a large portion of the guests are thus engaged at home, others preferring different occupations or amusements, saunter out into the open air, enter the woods, ascend the hills, and choosing some striking subject in the landscape, sit down to sketch it; many highly gifted persons enriching their albums with charming recollections. Some of the prettiest views of Kissingen I have seen, (and let this be said without disparagement of the ably executed Kissingen-album, recently brought out by Carl Jügel,) were from the pencil of two or three of my young and fair patients.

I have often wondered that among other amusing occupations out of doors, such of the visitors as love the works of nature, and can study them, should not pursue botanical excur-

sions. There are few forests, even in Germany, so near a town as those of Kissingen, which present in their interior, away from the beaten tract, such a varied and brilliant display of weeds and wild flowers, many of them worthy of being transplanted to England, as I have taken care to do in the last year or two.

Of the out-of-door occupations for the morning, and more so for the afternoon, visiting friends and acquaintances is one of the most interesting, if you have either brought or found friends and old acquaintances in Kissingen, or with that facility which a spa affords for the purpose, you have formed new acquaintances among the guests at the spa. In either case intercourse with one or the other is kept up.

Next comes to be considered the afternoon and evening amusements. Of two of these I wish there had been no occasion to speak,—card-playing and the roulette table. There can be little objection to a quiet game of whist, when General this or Colonel that, with a Graf for a *viv-à-vis*, and a Russian prince for the fourth hand, sit down, as is generally the case, before noon, but more frequently between three and five o'clock P.M., to play a few rubbers in the Kursaal. There is no agitation of feelings consequent on such

playing to interfere perniciously with the tenor of the mineral water treatment. I would say the same thing of billiard playing, a most wholesome exercise; were there such a thing as a billiard-table in Kissingen, which is not the case. But when we behold the thoughtless young equally with the grey-headed, the high and the low, and women as well as men, fly to the faro-table, where cards are handed about in a manner to keep the player in a perpetual state of anxiety and agitation: and still worse when we see them crowding around the *biribis* or *roulette* table, which, in a miserable apartment of the old Kurhaus, offers its tempting bait to the guests just emerging from the dining-room: we can only then join in the ardent wish of those who know the injurious effect of such practices on the health of the invalids, that the hand of supreme power may soon succeed in effecting the suppression of these degrading nuisances.

That such is the intention of the Bavarian government, as I believe it to be the determination of the German diet also with regard to the other states of the confederation, I have every reason to believe; and although I must say that PLAY is not carried on in Kissingen to the ruinous and disgraceful extent it is encouraged at Baden-baden,

Wisbaden, and, worse still, at Homburg, I shall rejoice, in common with my medical brethren at our spa, to see even that little suppressed.

At present the table, fortunately, offers slender temptation, either as regards the stakes and wealth of the bank, or the composition of the company frequenting it. To be hustled and elbowed by grooms and couriers, is a humiliation for a well-born youth enough to keep him from joining such a gaming-table. Parents, therefore, having a young family with them need not much fear the existence of a roulette-table at Kissingen.

The chief and the most rational amusement provided by the municipal authorities are the reunions, which take place by public advertisement, once, and sometimes twice a-week: either on a Wednesday, or more commonly on a Saturday night. The large and magnificent hall, or Kursaal, is brilliantly lighted up on the occasion; and no modern saloon in Europe can boast of a more dazzling illumination, especially favourable to the complexion and dresses of the fairer part of the assembly.

The enlivening sounds of a full orchestra placed in the lofty gallery, invite the visitors in at eight o'clock, who, considering that nothing is

to be paid on the occasion, should not seem so indisposed to avail themselves of the invitation. It cannot be from any fear of being mixed up with *canaille* in a saloon to which every body decently dressed has the right of access, that many of the higher class keep away from these assemblies ; for in the first place there is no *canaille* in Kissingen ; and in the second place, if the right of access is granted to all, in justice to the middle classes of inhabitants it must be said, that the few of them who from curiosity avail themselves of that right, do it with such deference and respect for their superiors, by keeping aloof, and at the lower end of the saloon by themselves, that no inconvenience whatever can arise from their presence.

No : the absence of so many more of the superior order of visitors at Kissingen from these reunions than is observed at other and gayer spas — Baden-baden for instance—arises from the fact that almost all the visitors in the place are really invalids, and consequently little fit to join in boisterous and noisy amusements, and certainly unprepared to dance and fatigue themselves over night, when by the earliest hour of the morn they must be up and doing. Yet dancing is an exercise I would wish by all means to encourage, in

young ladies particularly, as being in accordance and not against the indications of the Kissingen waters.

The fact is, that there is something wanting to make these reunions, this very rational amusement of spa life, more popular. The Landrichter, with praiseworthy assiduity, attends and superintends constantly ; and it is not his fault if the thing does not always succeed. But perhaps the difficulty of personal introduction, and the want of a master of the ceremonies, are the real causes of the not infrequent failures of the Kursaal reunions.

Probably the same motive occasions that dearth of *private balls*, which strangers have noticed in Kissingen ; and yet the *materiél* for getting up an evening entertainment of this kind is hardly to be found anywhere of a better description, or more abundant ; for we have in Kissingen sundry excellent and showy suites of rooms in private lodging-houses, such as Baron Von Hess, Adam Hailmann's, Sanders', Dr. Balling's, &c. &c.—a choice and effective band, and not a few of the fairest of the fair, from the capitals of Russia, Austria, and England, among those who are assembled to drink the waters. There is, perhaps, a lack of young cavaliers, to

account, in part, for the rarity of private balls : but even when their number has been larger, (as was certainly the case, in a remarkable manner, last year,) a private ball has seldom been attempted with complete success. Much depends on the encouragement given by the tip-top *élite* of the society present at the spa. During the season which was honoured by the presence of Graf Pawlosky, the Princess Royal of Bavaria, the Grand Duchess Helena with her three lovely princesses, a royal Prince of Prussia, one or two English Duchesses, and three or four English and Russian Countesses, private balls were given with the greatest success.

Concerts in the great salle of the Kurhaus are of frequent occurrence. They generally take place before the evening promenade. Some great star in the musical world, vocal or instrumental, arrives at Kissingen ; gathers together all that has any pretension to the rank of decent performers to assist him ; issues a short notice in the Kissingen Bad-zeitung ; solicits all round, the support of the principal families, and throws himself on the venture for any more audience, on the day of the concert. The charge is generally one florin a-head ; and as there are no expenses for room or illumination, all that is obtained at the



door is gain. And so it is gain to the invalids to have any such diversion come in now and then, to break the monotony of the day-work at the spa. Wandering minstrels from the Tyrol or Bohemia, lecturers on experimental philosophy or astronomy, and conjurors, serve to help on this praiseworthy object.

To those to whom the German language is familiar, the little theatre, humble and modest in its pretensions as it is, offers, I have been told, considerable amusement and instruction. The performances are pretty frequent; and a printed programme of the pieces and actors is profusely scattered about the place.

I have heard from several patients, fond of manly exercises and sports, that Kissingen can boast of shooting-galleries at the Bellevue, the Cascadenthal, the Klausshof, and at Winkels—that is, if shooting with pistols in the open air at those places, all in the immediate vicinity of the spa, can be so denominated. As to fishing, one of my sons has more than once given me proofs that if you will but proceed to some little distance up the river, and pay for what is caught, a day's sport is always to be procured. Shooting, in the forests principally, has afforded to many a keen sportsman from England a delightful treat; but

I would advise all such to seek it for themselves, independent of any pretended rendezvous, under the guidance of a professed Jager, which has always ended in returning home empty-handed and disappointed. I recollect about three years ago, the husband of one of my patients, to whom field sports are a second life, determining to track by himself, (after repeated and fruitless excursions with the Jager, which entailed nought but fatigue and expense,) the roebuck, the hare, and the pheasant: he returned at the end of two days loaded with spoil, the like of which had never before been brought from the fields into Kissingen.

The 8th of July and 25th of August are days of public rejoicing at Kissingen, and as such, occasions of much amusement and pleasure to the visitors. On the former, the authorities and inhabitants celebrate the birth-day of the Queen, and on the latter, that of the King of Bavaria. "FEIER DES ALLERHOCHSTEN GEBURTSFESTER IHRER MAJESTAET DES KOENIGIN VON BAYERN," appears in conspicuous types, on the eve of the days in question, on all public thoroughfares, on the church door, and on that of all the great public establishments, on the tables of the hotels, and on the promenade. Three days are devoted to

\* OF DES KOENIGS.

rejoicings for the occasion ; and nothing can be more orderly or precise, and, let me add, nothing so effective and impressive, as the way in which the whole affair is conducted. There has not been a single stranger present at these festivals who has not marvelled at the superior manner in which they are celebrated. Above all, the general illumination of the gardens, the walks, the arcades, the wells, the Kursaal and Kurhaus, effected as if by magic, by the simplest means imaginable, and with a rapidity that can hardly be believed, has taken visitors by surprise, and made them admit that the citizens of the refined capital of Bavaria could no more surpass in taste or execution, than they could in loyalty to their sovereigns, on these solemn occasions, the humbler dwellers of the tiny Dorf of Kissingen.

The illumination, which always takes place on the evening previous to the solemn day, is accompanied by fire-works and cannonading from the top of the Altenberg, where the revered initials of the King or the Queen, as the Allerhochsten Geburtsfester may be, appear in a blaze of light. A serenade is performed throughout the evening in one of the alleys, by the brass band, encircled by a hundred torches, borne by select citizens, who now and then wave them high in the air,

shouting God save the King in their own forcible tongue ; while in another part of the kurgarten a company of amateur glee-singers pour forth the melody of their notes. The allées and public walks are literally crowded ; the strangers mingling with the inhabitants, who to a man are out on the occasion, clad in their holiday clothes ; and yet not a single instance of disturbance, however trifling, or of boisterous or mobbish display, is ever heard of throughout the evening.

The festival day itself, following that of the illumination, is ushered in by the firing of guns at six o'clock in the morning. At ten o'clock a solemn Te Deum is sung in the principal church, with instrumental music, at which assists the Landrichter, with the rest of the civil authorities. At eleven, divine service and thanksgiving are read in the Protestant "house of prayer ;" while the Israelites praise God at the same hour, in their synagogue. A great banquet, or FEST-DINER, takes place at one o'clock, in the hall of the Kurhaus, which is tastefully decorated for the occasion with festoons of evergreens around its walls, oak wreaths and Bavarian flags, in the midst of which appear the portraits of the sovereigns. The tables are decked with plants and vases of cut flowers, fanciful confectionary, and a

profusion of rich viands, helped to digestion by champagne and sparkling hock ; in the midst of which, and during one of the cessations from playing by the band, rises the Landrichter at the head of the table, where he is surrounded by the elite of German and foreign visitors, and in a few expressive words proposes the health of the King and Queen, followed by three flourishes of trumpets, three shouts from the company, and the performance by the band of "God save the King," now nationalized all over the continent, minus the land of our Gallic neighbours.

On the third day a display of fire-works conclude the festivities.

The banquet on the occasion is given by the Brothers Bolzano or their representatives, who invite a considerable number of marked persons, including all the officials, as their guests, independently of the usual, and indeed, on such occasions, the unusual large number, of those who attend as on ordinary days, and for the same moderate price of one florin, the table d'hôte. Amongst those invited it has always been my good fortune to be included, in my character of one of the *practische Aerzte*, and Chevalier of one of the royal orders of Bavaria. The day of the banquet closes with a splendid ball in the Kur-

saal, where a full opportunity is afforded to the stranger to see the middle classes of the inhabitants quietly and soberly mingle with their betters, and join them in "tripping on the light fantastic toe."

Little more remains to be said under the heads of this chapter to complete its intention, except to allude to the serenading that is often to be heard in different parts of the town, at night as well as in the middle of the day. They are the *welcomes* or the *farewells* to visitors given by the ordinary band, who in return expect to be well remunerated. It is incredible how keen these melodists are on those occasions; nor will they trouble themselves either in welcoming a stranger, or in bidding him farewell when he departs from Kissingen, if from his rank or reputation for wealth they have not formed a pretty certain expectation of a suitable reward. This is a tax to which rank and riches must submit—though not regularly classed among the public rates and taxes already mentioned.

I need hardly, in conclusion, observe that among the most amusing occupations at Kissingen are to be reckoned all country excursions, whether far or near—to which allusion has already been made—among which a Thurs-

day trip to Bocklet, to dine there, at the one o'clock table d'hôte, abundantly supplied by the Bolzanos, is one of the most popular, and frequently repeated.



## CHAPTER VIII.

## THE MINERAL SPRINGS.

Enumeration and denomination—Three groups—Ancient and modern history—First discovery—Subsequent celebrity—Opinion of German and other writers—And of public bodies—Locality of the springs—Chemical composition—The RAGOZI—Beautiful combination of iron with saline substances—Powerful effect of carbonic acid in it—Pretended similarity of other mineral waters to those of Kissingen—Confutation thrice repeated—The PANDUR—Variation in its constituent parts—Distinguishing character—The MAXBRUNNEN—Its great distinguishing feature—The THERESIENBRUNNEN, and the rest of the sources generally considered.

HAVING gone through all the details required by preliminary matters connected with a journey to, residence in, and cure at Kissingen, we now pass to the consideration of its mineral waters.

Of these there are SIX in number, and as they are marked by very distinct characters which impart to each, as it were, a separate identity, (though all of them have some of these characters in common,) it will serve a useful purpose to class them under THREE groups.

In the FIRST group I place:—

*The purely aërated chalybeates.*

In the SECOND group:—

*The aërated non-chalybeates.*

And in the THIRD group:—

*The muriated gaseous chalybeates.*

The two principal mineral sources of Kissingen appertain to the first group, and these are :

The RAKOCZI, more commonly spelled RAGOZI ; and its suffragan the PANDUR :

The second group embraces the MAXBRUNNEN, and its feeble correlative, the THERESIENBRUNNEN :

Whilst the third group is formed by the far-famed SOOLEN, and its analogous and nearly contiguous spring, the FREDERICK'S BRUNNEN.

The history of these mineral springs has occupied much of the serious attention of German writers. But the generality of my readers can hardly be expected to feel an equal interest in that matter ; as in proceeding thither, those

among them who visit Kissingen would rather look to the springs for the recovery of their health, than trouble themselves about their pedigree.

A few words on this subject, therefore, will suffice. Judging from the date of the earliest known writings on Kissingen, the existence of its principal springs, or of some springs having characters analogous to those of the present sources, seems to have been known for upwards of three hundred years. The oldest of the six springs, are the *Sauerling*, since called the *Maxbrunnen*, and the *Badbrunnen*, afterwards called the *Pandur*. Their existence is mentioned in a work written as far back as 1544.

It is not until the year 1737, that we find mention made of the *Ragozi*, which was discovered in the old bed of the Saal, but was not enclosed until 1754, when some of its peculiar virtues became more known.

To what circumstance the two last-mentioned springs owe their singular names, no positive data enable us to state with confidence. It is generally supposed that Prince-Bishop Frederic Charles of Würzburg, applied the name of *Rakoczy* to the one, in honour of a renowned partisan leader of the *Siebenburger*, and to the

second, that of *Pandur*, as a compliment to a favourite servant, who was a *Pandur*, or a native of that part of Germany which the Pandurs inhabit.

As to the genealogy of the *Soolen*, and its contiguous source, it is stated on the authority of the Registrar of the saline springs in Bavaria, that it owes its origin to the process of boring which took place between 1785 and 1788, for the purpose of procuring salt from it, as will be seen in the sequel.

Lastly, the age of the *Theresienbrunnen* dates from 1783, and its appearance is equally due to the process of boring in search of more salt water. It was not enclosed, however, until the year 1830, when for the first time it received its present appellative, in honour of her Majesty, THERESA, Queen of Bavaria.

This summary view of the antiquity of the mineral sources of Kissingen, does not equally represent the degree of celebrity they have subsequently acquired, or respectively deserve. It is only in very recent times that any renown has attached to them : and this will readily be understood, when it is stated, that upon the present chief Brunnenarzt, Dr. MAAS, first settling in

Kissingen, in 1814, only 173 visitors attended the spa.

From that time its name became better known every year, the number of visitors increasing annually, though slowly; for it took twenty years to reach to a thousand. In more modern times the progress of its celebrity has been much more rapid. In the last fifteen years the number of visitors has quadrupled.

If the progress of renown has been slow in bygone times, it has not been for lack of medical and other writers setting forth in glowing colours the merits and virtues of the place. Medical literature on this subject is as rich in productions, as far as numbers, as it is generally found to be on most subjects likely to become popular. Not fewer than ten publications on the springs of Kissingen appeared between 1589 and 1773, a period of one hundred and eighty-four years. Between the year 1795 and 1837, the year in which I gave the first account of Kissingen accessible to English readers, seven other distinct works made their appearance on the same subject; in a period comprising only forty-two years. Since this, four more works have been presented to the public.

It is remarkable that between the first and

second of these three periods, there seems to have been a large interval, when no pen was employed to keep up the reputation of Kissingen, and no author, traveller, or physician, thought it worth while to take any notice of the place. We might conclude from this fact, that Kissingen, obeying the laws of caprice and fashion, (which seems to be the fate of all watering-places,) had at first reached, though slowly, a degree of high renown, which it subsequently almost suddenly lost; but that after a long period of utter neglect, it has again risen from obscurity into a celebrity five times greater than it ever before enjoyed.\*

It is chiefly to the admirable work of SIEBOLD,

\* To those of my readers who are acquainted with the German language and are curious to consult any of the more modern publications in that language, some of which I am told, display considerable ability, it will be satisfactory to find here the following list:—

1. Kissingen und Seine Heilquellen, von Dr. J. A. MAAS, 2nd ed., 1830. 2. Kissingen's Bäder und Heilquellen, ein Taschenbuch, von Dr. F. A. BALLING, 1837. 3. Die Heilquellen des Kissingen Saal-thales, &c., von Dr. EISENMANN, 1837. 4. Sources Minerales de Kissingen (a translation) decrites par J. WENDT, M.D., 1839. 5. Kissingen mit seinen Heilquellen und Bädern, von H. CARL WELSCH, 1839. 6. Die Mineralquellen von Kissingen, von CH. PFEUFER, M.D., 1842. 7 and last, Kissingen seine Heilquellen und Anstalten, von JOHANNES WETZLER, 1845.

of Berlin, of whom I have made honourable mention in another of my publications, that the merit of resuscitating the spa must be ascribed. His work appeared in 1828; and for the first time pointed out in distinct and positive language the several diseases in which the mineral waters of Kissingen were of great benefit; and proclaimed, in an especial manner, the high opinion he entertained of their virtue and efficacy in female complaints.

Similar testimonies from German and foreign physicians, have since been published; and it may with truth be affirmed that few spas in Germany, or elsewhere, within the short space of twenty years, now just elapsed, have called forth such unequivocal manifestations of the high opinion which medical practitioners entertain of the healing properties of the Kissingen waters.

Nor have public scientific bodies been behind in expressing a sense of their approbation of, and confidence in, these mineral springs. The faculty of Medicine of the Royal University of Würzburg, in 1827, after taking into their consideration a chemical analysis of the Ragozi and Pandur; made by Vogel, expressed an unanimous opinion of the great efficacy of these waters in certain diseases.



At Bamberg, a special committee of the physicians of his Majesty the King of Bavaria, published, not long after, a most favourable report of these mineral springs, as remedial agents of great power in diseases of the stomach, liver, and nervous system. Lastly, a report exists from a Committee of the Royal Academy of Medicine in Paris, appointed to investigate matters connected with mineral waters, highly in favour of those of Kissingen ; which report, on being referred to and discussed in general assembly was unanimously adopted.

The situation of the springs at Kissingen, in reference to their topographical description given in another chapter, next demands our attention. Invalids on their arrival, are eager to see them, and without a guide their curiosity can only be imperfectly satisfied.

The Ragozi and the Pandur stand at the south end of the Allée Promenade or *Quinconce* of Trees, which fronts the Kursaal and Arcades. They are within fifteen or twenty feet of each other, and about four feet below the general surface of the soil. A solid wall of the last height sustains the surrounding earth and encloses the two sources, within an area of the form of a parallelogram, into which there is a descent by

two lateral flights of cast-iron steps, and an inclined plane; over which has been thrown a lofty and elegant pavilion of cast-iron, as I have already stated. Each source is cased in a round shaft of sandstone.

The position of the Maxbrunnen is immediately opposite the Kurhaus, within the dwarf wall that divides the promenade from the road, which must be crossed to reach the source. This, like the other two, is some feet below the surface of the soil; and, like the two former, liable from that circumstance to be flooded, when the river is swollen by incessant rains. The floor of the oval area, in which the Maxbrunnen is placed, is paved with flag stones, like the area of the Ragozi and Pandur: into this the inhabitants and strangers of every class and degree may descend, from sunrise to sunset, to quaff the delicious beverage to their hearts' content.

We must now direct our steps northward, along the great valley, keeping by the left bank of the Saal, to reach the spot where surges the Soolen, the fourth mineral spring of Kissingen, and the Fredericksbrunnen. The distance is somewhat more than a mile by the carriage road, but rather less along the prairie, through which a tortuous

footpath, planted with horse-chesnuts, has been of late years arranged.

It will not be difficult to find the Soolen. From henceforward the miserable ancient hut within which that spring is lodged, will be converted into a handsome and conspicuous Pavilion with a tower; and the apartment, in the centre of which the spring rises, will be fitter for the reception of the innumerable persons of rank and distinction who visit it during the season, than it has hitherto been.

Leaving this last locality, and pursuing a northward course a little further, the Theresienbrunnen will be found in the green valley, a short distance from the Saal, in front of one of the so called gradiren, or evaporating-houses. This is the only source in Kissingen which flows like an ordinary fountain from a small spout into a reservoir, the whole being uncovered and unadorned, and very little frequented. By the side of it is a small square pavilion as a resting-place for invalids who go thither to drink the water.

Let us now cast our eyes on the analytical statements of the celebrated chemists who have examined and investigated the nature, physical character, and composition of these several

mineral waters. In the large table of the analysis of thirty-six different mineral waters in Germany which I drew up for the convenience and guide of the readers of the "Spas of Germany," the number and kinds of ingredients or substances entering into the composition of the principal Kissingen waters, were given. The analysis of each separate spring, however, will be set forth under each of the sources when we come to speak of these more in detail and in Appendix No. 1 to the present volume. It is sufficient for our immediate purpose to observe, that we shall look in vain for an arrangement of inorganic matter so truly effective among the manifold combinations of chemical substances dissolved in water, which nature or art, however skilled, may offer to our attention.

Of this inorganic matter, the source which contains the least quantity has twenty-nine grains and three quarters in a pint of the water; while that which contains the most, has nearly one hundred and seventy-two grains. Each source is rich in carbonic acid gas. Not less than thirty-one cubic inches to the pint, are found in the richest, and twenty-six and a quarter cubic inches, in the least carbonated of the springs.

Of the twenty-three different inorganic substances detected by the most recent analysts, Kastner and Struve,

*Seven* are common to *all*, though in different proportions: namely, carbonate of lime and magnesia, sulphate and chlorate of soda, muriate of potash and magnesia, and bromate of magnesia.

Three are common to *four* of the sources only, viz, carbonate of soda, sulphate of lime, and silic acid.

Seven are common to *three* sources, namely, the carbonates of lithium, iron and manganese, phosphate of soda, oxide of aluminium, chlorate of lithium, and iodate of magnesium.

Four are common to *two* of the sources, such as carbonate of strontia, organic extract, muriate of ammonia, and iodate of soda. Lastly,

Three inorganic substances are found in *one* source only; carbonate of potash, muriate of lime, and bromate of soda.

In this dissection of the table of analysis, I have taken into account the chemical composition of five sources only, setting aside the sixth or the Fredericksbrunnen, which has never hitherto been used individually as a medicine, although I

shall have to state by-and-by, some facts which may induce medical men to use it internally.

Descending now to particulars in this general exposition of the chemical character of the Kissingen waters, and viewing the Ragozi *per se*; what admirable combination of iron and saline ingredients do we not meet in its composition, and what a powerful part the presence of the large proportion of carbonic acid belonging to it, seems to play on that very combination!

Some writers have pretended that the source at Homburg called the Elizabethen, is analogous to the Ragozi. To be sure the authorities who have ventured on such an assertion are not of the very highest calibre. Still, the report of the pretended similarity of the two waters, is pertinaciously spread, and though thrice refuted by myself, upon the very showing of those who spread it, it is as often repeated, and patients stopped while on their way to Kissingen, to be turned into the road to Homburg to drink there the "double" of the Ragozi.

Hear Sir Alexander Downie in his "Spas of Homburg," page 55:—"to which" (the Ragozzi of Kissingen) says he, "it" (the Elizabethen of Homburg) "bears a strong resemblance, not only in its *chemical* composition, but in its *medicinal* action."

The most extraordinary part of this assertion by this writer is, that he backs it on a pretended opinion of my own, contained in the first edition of the "Spas of Germany." In that work I stated, that there was some analogy between the two waters, but that the taste was very different: and from this mode of comparison he at once jumps to the conclusion of "a strong resemblance!"

Hear, again, another equally weighty authority, Doctor Prytherch, in his equally tiny volume, entitled, "The Mineral Waters of Homburg and Kissingen:"

"The Homburg Elizabethenbrunnen bears a *strong resemblance* to the Rakoczy at Kissingen, as the intelligent reader will at once perceive from the perusal of the following analysis of the two waters." (p. 61.) And then follows, side by side, two tables of a *pretended* analysis of the Ragozi and of the Elizabethen.

Now what would the reader think of the candour of a writer, who, in instituting a comparison between two mineral waters, in order to prove (for some legitimate motive we will suppose) "*a strong resemblance*" between them, begins by suppressing at once *all mention of not less than TEN ingredients contained in the Ragozi, which are not present at all in the Elizabethen!* Yet



this is what Dr. Prytherch has actually perpetrated. All he has attempted to compare together, are eight *out of twenty* of the solid substances composing the Ragozi, with eight solid substances, *the only ones* contained in the Elizabethen. But even in this lame comparison what do we find of resemblance between the two waters? Why, that, with the exception of the quantity of carbonate of magnesia, which is as nearly as possible the same in both waters, the other seven ingredients of the *Elizabethen*, which find corresponding names in the *Ragozi*, vary from them in quantity *sufficiently to destroy all resemblance*. Thus, for example, there are seventeen grains less of common salt in a pint of the Ragozi than in the same quantity of the Elizabethen, which is no trifling difference, unless indeed the worthy doctor employs pounds and not grains in his medicinal compounds. Again, in the Ragozi there is no muriate of lime, while in the Elizabethen there are seven grains of that bitter salt. Again, of the carbonate of lime, or chalk, there are not fewer than eleven grains in a pint of the Elizabethen, (no very enviable distinction,) whereas of that objectionable adjunct to a mineral water, three grains and a half only are found in the Ragozi. Again, of

Glauber's salt, a very useful substance in a chalybeate water, we have two grains in the Ragozi, while the Elizabethen can only number half a grain of it, in a pint. Lastly, we have in the Ragozi, bromate of magnesia, *which the Elizabethen has not got*; we have sulphate of lime, *which the Elizabethen has not got*; and we have alumina, *which the Elizabethen has not got*: and all these discrepancies and omissions, we actually gather from the two contrasted tables of analysis set forth by this very Dr. Prytherch, who nevertheless talks of the "strong resemblance" between the two waters! But how much worse would his assertion have appeared had he put by the side of his analysis of the Homburg spring, the true analysis of the Ragozi, with the eleven substances, many of great value, to which he has so unmercifully and unscientifically given the *coup de grace*?

Has Sir Alexander Downie shown himself much more wary in his attempt to induce the readers of his essay on Homburg, to believe in the similarity of the Elizabethen and the Ragozi? He does not produce, still less does he compare together the *pièces justificatives*; and as the public generally are always disposed to take the *ipse dixit* of a medical man without stopping

to ask him for a justification of it, he probably hopes that a mere reiteration of the *ipsissima verba* will accomplish his object; viz., that of establishing, as a chemical and physiological fact, what in reality is no fact. Henceforth let us, therefore, hear no more of the pretended similarity of the Elizabethen to the Ragozi of Kissingen.\*

We next take a general view of the chemical character of the second spring, the Pandur: and here we find a variation in its composition, as compared to the first, which though trifling, imparts to it a distinguishing character of considerable importance, rendering it more suitable for bathing, and as a laxative.

Again, if we turn to the third spring, the Maxbrunnen, new results are presented to us by the combination of the greater part of the same

\* I might have inquired of these two writers how they came to differ in their chemical analytical table of the Elizabethen: as for example; in the following ingredients.

			Prytherch.			Downie.
Carbonate of iron	-	-	0.4623	-	-	.0460
—————of lime	-	-	10.9905	-	-	10.982
—————of magnesia	-	-	2.1360	-	-	2.013
Silica	-	-	0.3540	-	-	9.313 (!)

But I believe the discrepancies on the part of Sir Alexander, are chiefly typographical blunders. Dr. Prytherch's table is more correct.

inorganic substances, or saline ingredients, found in the two former sources, but in such wise combined and so totally free from the influence of one of those ingredients, which, though potent, would in such a combination as the Maxbrunnen be injurious, that we may justly consider the latter as a totally independent water.

Allied to it in composition but not in power, is the THERESIENBRUNNEN ; and when we come to speak more specifically of the individual characters of each mineral spring, we shall find that the two, placed at the distance of a mile or so from the town, namely, the Soolen and Frederichbrunn, though grouped together by great leading chemical features, differ nevertheless in their action on the human constitution, through some simple, and to all appearances trifling variation, most important in its effects.

It is only by strict attention to these chemical and physical varieties, in the highly complicated composition of these extraordinary mineral sources, that the medical practitioner can hope to impart to his patients the full benefit of those virtues with which a bountiful Providence has endowed them. It is only by like attention, that he can hope to eschew the perils which encompass him in the careless or inconsiderate

administration of these waters ; to study which properly and to deal with them effectually, he should be an expert chemist and a keen observer, as well as a physician.

## CHAPTER IX.

WHAT ARE THE KISSINGEN WATERS GOOD FOR,  
AND HOW THEY ACT.

General view of their efficacy—Admitted influence of mineral waters—Hufeland and Kreysig's opinions thereon—The author's own views—A surmise—Peculiar action of a mineral water drunk at the source—Electro-magnetic agency—Summary of the diseases for which the Kissingen waters have been employed with success—Mode of action—The author's own experience after several seasons at Kissingen—Supported by nearly all other medical writers who have practised at that spa—Duration of a course of the waters—Winter cure.

IN the same manner that an old and experienced practitioner can at once divine the complaint of a patient who consults him, by looking at the prescription which the patient brings with him; so may the expert and scientific physician, by the mere

inspection of the analytical table of the saline and other ingredients of the mineral waters at Kissingen, predict their efficacy in disease.

What part those various mineral ingredients play upon each other, and in what relation they stand to each other, (considering their solution must be of the most perfect kind to exhibit so limpid and transparent a fluid,) are at present matters of pure conjecture. So many causes may come into action in that operation, and such various agents interfere, to modify the solution, that philosophy is baffled in her calculations of the precise results.

A temperature more or less elevated—a greater or less quantity of gas in the water—the presence or absence of light, or much or too little of it—the state of the atmosphere as to heat and elasticity—and probably the evolution of electromagnetic effects during some stages of the solution, the presence of which may become a modifying agent in the efficacy of a mineral water,—these are considerations which have been entirely lost sight of by writers on the Kissingen waters, in estimating their value and efficacy in disease.

Of the influence of mineral waters in general on the human constitution, no person with a grain of understanding ventures now-a-days to



doubt. The time is gone by when it was still necessary for those who, like the author of the present volume, advocated (through a pure conviction of their real virtues) the use of mineral waters in disease—to argue and discuss the point on logical as well as physiological grounds. The mere assertion that mineral waters are among the most efficacious remedial agents placed within our reach by a merciful Creator for the preservation of life when menaced by disease, is now accepted as an axiom. Yet, as regards England in particular, the number of sceptics on this point of practice among professional men was so great, even as late as the time in which I published “The Spas of Germany,” that in the hope of carrying conviction to the mind of some of the unbelievers, I was compelled, on the occasion, to appeal to the testimony of very high authorities, and demonstrate, besides, by arguments and analogies, the truth of propositions respecting the influence of mineral waters, which every one now admits to be incontestible.

In my essay entitled “Popular Considerations on the Use and Power of Mineral Waters,” which serves as an introduction to the work on the Spas of Germany, the reader will find those arguments and analogies fully set forth; and I

would strongly recommend them for perusal, should any yet remain unconvinced.

The late Professor HUFELAND was the modern Hippocrates of Prussia. His opinions are held in great esteem, from a knowledge of the fact, that he would never, except after mature and deliberate examination and much experience, form or deliver a judgment on any medical subject. Whatever, therefore, he may have advanced on the subject of the efficacy of mineral waters in disease, may be accepted on the strongest authority.

Professor HUFELAND, then, in a work entitled “Hufeland’s Practische Uebersicht der Vorzüglichsten Heilquellen Teuschlands,” has borne his unqualified testimony to the paramount virtues of mineral waters in the cure of several disorders.

KREYSIG is another of the great luminaries of medical science, practical as well as theoretic, (lately departed,) who in a professed work on the subject, clever, elaborate, and fully demonstrative, has urged on the attention of his fellow-practitioners the necessity of using more frequently and relying more confidently on mineral waters in the treatment of chronic, obstinate, inveterate, or complicated maladies. His work having been translated both into French and

English, may be readily consulted, and will be found a most valuable manual and guide in the use of mineral waters generally.

In endeavouring to account for the peculiar efficacy of such chemical compounds as the waters of Kissingen—the RAGOZI for example, or the PANDUR, or the MAXBRUNNEN—there is a point of the inquiry which has not been duly considered ; and yet the whole question of efficacy, or no efficacy, or what degree of efficacy, the said waters possess, may depend on that very point.

Viewed as medicinal agents simply, authors have been satisfied with announcing (as they would have done in the case of any other pharmaceutical agents) that the Kissingen waters were either absolutely alterative or purgative, soothing or exciting, sudorific or tonic, as the case might be ; or, viewed as chemical agents only, that they were chalybeate, saline, or gaseous compounds, applicable, as such, to particular forms of disease.

Both these methods of inquiry are evidently defective ; for they do not take into account a circumstance which constitutes the point alluded to in a preceding paragraph, and which, though not positively proved at present, ought not to be, as it has hitherto been, entirely overlooked. That

circumstance and point may be thus enunciated.

When the Ragozi, for example, (and the same of any other mineral water constantly agitated by a large quantity of carbonic acid or other gas,) is drunk at the source itself, the glass dipped into the agitated liquid and quickly emptied of its contents into the stomach,—is it not probable that we place ourselves at that moment under some peculiar action other than that which can arise from the ingestion of a mere combination of nineteen ingredients contained in the water in question? This, as before remarked, may probably be only a surmise on my part (for I have not seen it recorded anywhere); but it strikes me that in drinking a mineral water which is in the *very act of being compounded* by nature—or in other words, while chemical action is just developed and going on, under a perpetual and consecutive combination of nascent carbonic acid gas, with numerous saline and other ingredients that are dissolving in the spring;—I say it strikes me, that under such circumstances, the presence of some electro-magnetic influence may be expected, the possible influence of which should be taken into account. That it has not been taken into calculation, is a fact to be regretted, as such an

influence is very likely to modify the virtues of the Ragozi, or any other mineral water so drunk, whether by adding to or taking from those virtues, which, as a mere *stationary* compound, the same water would possess.

When a stream of carbonic acid gas from its source in the earth, is made to flow directly on our bodies, as is frequently done at Kissingen, Marienbad, Egra, &c., a glow, increasing to a heat, is the result, which quickens presently the circulation. The electro-magnetic state of our bodies at that time, must of necessity be different from what it was before. May not this also be the case in regard to the combined nineteen ingredients of the RAGOZI *travaillé's* (I must use the French expression for a corresponding one in English does not exist) as they are, at every instant of time, in endless succession by an excess of twenty-nine cubic inches of free carbonic acid gas, and the same of the twelve combined ingredients of the MAXBRUNNEN, with a flow of thirty-one cubic inches of the same gas?

Would not such a view afford an explanation of the undisputed fact, that drunk at the source the RAGOZI or any other, mineral water elicits far other results in the constitution than when taken out of a bottle in which it has been kept

a certain time, however carefully and properly preserved ?

Be this as it may ; we find from experience, that chemically considered, the presence alone of mineralizing ingredients in the Kissingen waters, does not sufficiently, on sound physiological principles, account for their salutary effect in so many and various disorders of the human body, when drunk at the fountain ; and that we must therefore conclude that the chemistry of nature passeth our understanding.

The several and various disorders beneficially affected by the Kissingen waters, may be summarily enumerated in the following list, in which they are classed in groups according to the particular region or function of the body affected by them, and embracing equally those which the *Ragozi*, the *Pandur*, the *Maxbrunnen*, the *Soolensprudel* individually can cure and modify, as well as those which are benefited by the salt vapour-bath, the baths of carbonic acid, and the effervescent salt plunging cold-bath.

1. All complaints of the digestive organs, such as indigestion, from want of tone in the stomach, acidity, constipation, obstruction of the liver, excess, deficiency, or morbid condition of the bile, swelling, congestion, or induration of the

mesenteric glands, loss of appetite, flatulency, and hypochondriasis.

2. Disorders of the chest and trachea; symptomatic cough, incipient phthisis, chronic hoarseness, asthma accompanied by excessive plegm.

3. Chronic diseases of the urinary organs; gravel or incipient calculus, spasms of the bladder, mucous, albuminous, or diabetic urine, disordered condition of the kidneys.

4. Derangement of the circulation in females, married or unmarried; amenorrhœa or stoppage, dysmenorrhœa or painful periods; polymenorrhœa or excess of the period, either in quantity or frequency; discharges from local fulness, or weakness, or irritation; induration, tenderness, or irritability of the uterus; threatened enlargement of the ovaria; proneness to miscarry; above all, STERILITY.

5. Rheumatism and gouty affections; paralysis; contraction of limbs from gout or rheumatism; torpor of the system; debility of the sexual organs and functions; premature old age from former excesses.

6. Scrofula; chronic cutaneous disorders; syphilitic and herpetic eruptions of the skin; unhealing sores or ulcers; glandular swellings.

The manner in which the several mineral



waters of Kissingen act in the cure of the many complaints contained in the preceding list, seems of a three-fold nature. 1. Alterative. 2. Purgative or depurative. 3. Tonic or invigorating. And in almost every case under my care, I have detected each of these modes of action successively developed as I proceeded with the treatment of drinking and bathing. In the course of the several seasons I have passed at Kissingen, having the charge of several hundred invalids, it may readily be supposed that, with the commonest attention, and unless my perception of facts were obtuse indeed, I must have witnessed distinctly the manner in which the disorder subjected to the influences of the Ragozi, or Pandur, or both together—or again to that of the Maxbrunnen and Soolen, and of the baths of the latter, appeared to be modified and finally cured, as well as how the constitution of the patient was affected from time to time: and such has really been the case.

In the first place, the mineral waters acted as *alteratives*. Disease consists in a disturbance of some or all of the normal conditions of our body. Its removal therefore cannot be accomplished without at the same time restoring the disturbed condition to a natural state. Hence,

whenever the Kissingen waters have effected such a restoration, the process could only have been brought about by an *alteration* in the state of things existing under disease, and consequently, the said mineral water must have acted as an *alterative*. Of one fact connected with this view I am positively convinced, namely, that where the fluids of the human frame, under the pressure of disease, were known to be in a state of impurity, I have had it in my power, by perseverance in the use of some of the Kissingen waters, to alter those fluids and restore them to their normal character.

In the second place, the Kissingen waters act as *purgatives and depuratives*. The latter mode of action seems to depend mainly on the former, as well as upon some sort of expurgation of the offensive, injurious and morbid matters, by the skin, the lungs, and the kidneys. At first the Kissingen waters do not seem to exert any purgative action on the system. They may require a little assistance; but they soon begin to exhibit their power that way, and they continue to exert it, not by virtue of any purgative quality they possess, but by restoring the lost tone of the intestines in such a marvellous manner, that habitual constipation cured by two of the mineral

waters of Kissingen, has been known not to return for two or three years, after its removal without the help of any medicine.

But in the production of this result the waters in question have also acted as *depuratives*; first because they have occasioned a daily and abundant elimination of impure matter from the blood through the skin, or by the kidneys; and secondly, because from their absorption into the mass of the circulation, many of their saline ingredients became mingled with the blood, thereby purifying it gradually though slowly.

Lastly, the mode of action of the Kissingen waters, in the cure of the diseases enumerated above is *invigorating and tonic*. No one can doubt for a moment that such is the fact, who has observed what takes place towards the end of the cure in all the successful cases. Here was a hepatic or hypochondriac patient, pale, sallow, dragging himself slowly along, a burthen to himself and others. He drinks of the Ragozi for four weeks, bathes in the Pandur, takes some salt dampf-baths, and concludes by using the plunging effervescent cold bath. And now, look at him, how erect, springy, and elastic he walks; see where the hue of health has taken

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the place of the former sallow tint ; notice how the whole body has acquired a shapeliness, and how its symmetry has again come out of the huge and unwholesome puffiness of former days ! Hear him talk cheerfully, instead of despondingly, and boast that he feels now as if he were to live for ever ! Must not such a patient, while gradually casting off his disease, by *alteration, purgation, and depuration*, under the influence of the Kissingen waters, have acquired at the same time a vigour and tone which he possessed not before ? Yes : patients so situated regain their lost health at our spa through three different processes, the effects of one and the same agent. They have been purged, they have been purified, and they are now invigorated by the mineral waters.

In this view of the mode of action of the Kissingen waters, I am supported by the opinion of almost all the writers on this spa, and by Dr. Balling in particular, whose work exhibits more philosophical investigation of cause and effect, than is to be met with in other publications on the same subject.

I have a few words left, before I conclude this chapter, and they have reference to the duration of a course of the waters at Kissingen. By almost universal assent, the proposition that a

mineral water cure ought to last four weeks, has been received and acted upon for ages. In general, we shall find that short though the period may seem, it suffices for the object; and that health is actually regained in four weeks by the use of the waters, which no physician's counsel or "pothecary's stuff," had been successful in restoring in as many years.

But we must not consider four weeks to be a golden rule in all cases. It is necessary, occasionally, to extend the course of the waters to six weeks, and even to double that period. Some peculiar constitutions require to be treated with great gentleness; where the pushing on, at once, of the required quantity of the water to effect a cure, would endanger its success. Others there are, in which a suspension of the waters for a week or ten days, after three weeks' use, is rendered imperative, or at all events desirable, by circumstances well known to the experienced spa-physician. And a third class of patients exists, who would be more effectually restored to permanent health by following, in the first place, the ordinary course of four weeks, then by absenting themselves from the spa for a fortnight, employing that interval in short and quiet excursions, and return afterwards for a repetition of the course.

Each case, in fact, must be dealt with on its own merits, and according to the knowledge which the medical attendant will have acquired of the peculiarities and idiosyncrasy of the patient under his care, and the manner in which he seems to bear the action of the water and the baths.

It may, however, be stated with confidence, that the majority of visitors to Kissingen will derive every benefit they can anticipate from its sources and resources, in the space, on an average, of about four weeks.

As regards a "Winter cure" at Kissingen, I feel convinced that such a process is incompatible with all the known laws of mineral water treatment, having due consideration to the peculiar locality of the spa, the severity of its winter season attested to me by candid residents, and one or two invalids who remained a winter at Kissingen, the absence of almost every one of those salutary and beneficial adjuvants which in the summer season, as I have shown, exist so abundantly in the place; and, lastly, and certainly the most important consideration of all, the fact, that on the physiological, chemical, and pathological principles laid down in this and my other previous work on mineral waters, as well as in the writings of

German authors, the Kissingen springs cannot offer to the invalid who should use them in winter, the same advantages and certainty of effect, which they produce in warm and genial weather.

Let those medical men of Germany, who have hazarded an advice to the contrary on this point ; let the inhabitants of Kissingen, and the most interested among them who wish for the establishment of a " Winter Cure," read and ponder on what one of the most eminent physicians and philosophers of their country has emphatically declared on this very subject, in his work before cited, and they will not bear me any ill-will for uttering an opinion in accordance with a *dictum* of such high authority.

" As to the best time of the year for a course of mineral waters, it is obvious that the summer months, when warmth, exercise in the open air, and the joyous appearance of the external world, add keen efficacy to the invigorating draught, must be the most proper season. Indeed, I hold it to be of the greatest importance to choose the height of the summer, as it is unquestionable that *warmth is the most essential condition to the efficacy of a course* of mineral waters ; partly, because it



actually increases the power of the remedy; partly, because drinking mineral waters make the body more sensitive, and *more susceptible of the impression of cold*; and, lastly, because warmth, and the open state of the skin, which is caused by it, prevents many injurious effects of the mineral waters; I mean especially congestion of blood in the head or chest. For mineral waters have this resemblance to wine and other fermented drinks, that when the skin is open, and the perspiration free, they have less effect on the *sensorium*, while, on the other hand, when the skin has been closed by cold, they are capable of producing intoxication or fulness of blood in the head. Hence it is better to *begin the course late in the season*, when the air still retains the summer heat, rather than *too early*; and considering the climate of Germany, as well as the mountainous situation of most mineral springs," (Kissingen to wit,) "THE BEST TIME IS FROM THE MIDDLE OF JULY TO THE END OF AUGUST."\*

\* Hufeland's Praktische Uebersicht des vorzüglichsten Heilquellen Teutschlands.

## CHAPTER X.

## FIRST GROUP.

## THE PURELY AERATED CHALYBEATES.

*a.* THE RAGOZI.    *b.* THE PANDUR.

Monography of the Ragozi and Pandur—Their sources and physical characters—Chemical composition of the RAGOZI—Inferences of its virtues from the nature of its ingredients—Its effects, immediate and remote—How and in what quantity to be drunk—Cautions—Point of saturation—The PANDUR—Distinguishing physical and chemical characteristics—Its principal use—Play of carbonic acid in both sources—Resemblances and contrast—Effect of the two waters in diseases.

WE may now proceed to consider in a more especial manner the nature and use of the wonder-working springs at Kissingen. Beginning

with those of the first group, to which I have assigned the distinguishing appellative of "*Purely aërated chalybeates*," the monography of the Ragozi and Pandur will show the propriety of that denomination.

The Ragozi springs from a rounded well, twelve feet deep, cased in with sandstone, and the water, with its ever evolving gas, appears to issue from a bed of rounded pebbles, over a basaltic rock to a cleft in which, Professor Forbes thinks the spring is due. This bed is considerably below the bed of the contiguous river Saal, from which circumstance there arises a great occasional inconvenience, alluded to in a preceding part of the volume. A simple mode of obviating this I have there pointed out.

Viewed in the shaft, the body of water appears rather turbid, or, more correctly speaking, opalescent. This is owing to the presence of the large quantity of carbonic acid gas, which is constantly issuing from the bed of the spring, and in a thousand sparkling bubbles, some large, and some small, traverse the column of water, and burst as they reach the surface.

There is evidently a periodical variation in the quantity of gas thus evolved in both the Ragozi and the Pandur, which seems to depend on the

state of the barometer. Hence, the correctness of the observations I have elsewhere made that the Ragozi, or the Pandur, indeed, have not the same effect on the constitution, in different states of the atmosphere.

The shaft of the Pandur, equally cased in with sandstone, is of a smaller diameter, but of equal depth ; and the water, issuing in the like manner from a pebbly bed over a basaltic rock, looks clearer. The murmuring of the gas, as it ascends incessantly through the water, is louder than in the Ragozi.

The water in both wells, having reached a certain level, is there maintained steadily by an overflow-pipe, which disposes of the surplus, when neither drinking nor bottling of the water is taking place. This is a waste of material, as one may call it, that ought to be obviated. As far as that can be accomplished, by means of fixed aspirating pumps, which from the overflow-pipe suck up the water and convey it to the reservoir-house already described, the waste has of late years been prevented during the day. But large quantities of either water must be lost in the course of the night, except during the summer, when the bottling process, for exportation, principally takes place.

The temperature of the Ragozi at all times, and, we may say, with hardly any perceptible variation in the severest winter or hottest summer, is  $9^{\circ}$  of Reaumur, or  $52^{\circ}$  of Fahrenheit; that of the Pandur is less by about a quarter of a degree—being  $8^{\circ}$ .  $87'$  Reaumur, or  $51\frac{3}{4}$  Fahrenheit. The temperature of the surrounding air, while visitors drink of these two springs, being much higher generally than that of the water, it follows that the Ragozi and Pandur seem colder to the palate than they really are. This is in some measure also due to the presence of so much free gas.

The effect of this gas is to impart a peculiarly agreeable *piquant* taste to the water of the Ragozi, which is sharper than in the Pandur, and marks more effectually than in the latter, the strongly saline and somewhat vitriolic *apres-gout* accompanied with slight bitterness, which succeeds the first refreshing impression on the palate.

On being first taken out of the well the water appears perfectly clear, with an effervescence on the surface of the glass; but presently myriads of gas-bubbles cover the inside of the glass—a process accelerated by the warmth of the hand—and give to the fluid a milky aspect. These bubbles adhere firmly to the glass, and increase in number

and size if the glass be immersed in warm water. Left to itself for a short time, the water, after gradually parting with all the excess of uncombined gas, would begin gradually to lose its transparency, would become turbid, and at last be coloured by a golden hue.

The Pandur, likewise, goes through the same phases, under like circumstances. Though covered by a larger quantity of free carbonic acid gas than is found in the Ragozi, (the two proportions being  $26\frac{1}{4}$  cubic inches in the Ragozi, and nearly 29 cubic inches in the Pandur,) its taste is, nevertheless, more sensibly *saline* to the palate, and consequently not so agreeable *au premier gout*. Left to itself in a glass, the Pandur becomes turbid also and coloured.

It is hardly necessary to mention that to the presence of carbonate of iron in both waters, are due the phenomena of coloration and turbidness, which disappear at last from the falling down of a thick powdery sediment, chiefly formed of carbonate or rust of iron.

This simple peculiarity is strongly marked by its effect on the stone shafts of each well, which are covered with the rust of iron precipitated from the water, and which, in consequence, must be scoured and cleaned out every week—an ope-

ration watched with much interest by the visitors every Saturday evening.

It is not an uncommon occurrence, on these occasions, when the water is drawn out very quickly by buckets from the shaft in order to clean the well, to find at the bottom several of the drinking-glasses that have from time to time fallen into the shaft, entirely incrustated inside and out with a thin coating of red-oxide of iron, which gives to the vessels the appearance of being made of *terra cotta*.

Looking at the chemical composition of the Ragozi, a medical man may easily infer from it the peculiar medicinal virtues it is likely to exert on the human frame.

We have, in the first place, in each pint of 16 oz. of the water eighty-six grains and a-half of solid substances, most accurately and intimately incorporated and dissolved. Five of these (besides the iron already noticed) are likely to play a prominent part in the influence of the Ragozi on disease; namely, the muritate of soda, the sulphate of soda, the carbonate of soda and magnesia, and the muriate of magnesia. They constitute not less than seven-eighths of the total weight of solid ingredients.

Next in importance are the phosphate of soda,



muriate of potash, bromate of magnesia, muriate of ammonia, and silic acid. Four grains of these substances conjointly are present in a pint of the water; and considering how powerful they are as remedies even in minute doses, this total quantity will not be deemed trifling.

Lastly we find carbonates of lime, lithia, strontia, and manganese and sulphate of lime, with oxide of alum, organic extract and iodate of magnesia, weighing in all  $3\frac{3}{4}$  grains.

The whole weight of mineralizing carbonated iron, which is present at the same time in the Ragozi, is some fraction less than three quarters of a grain to the pint.

The immediate effects of the Ragozi, when drank, are a sensation of coolness in the throat and stomach, succeeded, almost immediately, by a comfortable glow, and hardly ever by any feeling of weight. Next is a slight sensation of vertigo, or rather that sort of feeling one experiences when the gas of an ingested *tazzaful* of champagne has got into the head. But soon these primary sensations vanish, and we look to more remote effects, such as vigour, elasticity, firmness, and a flow of spirits which follow in the course of the day.

The quantity of the Ragozi to be drunk must

depend on the nature of the case, and of the constitution of the patients, as well as on their physical peculiarities. We begin with half-glass doses at a time, (about 3 oz.,) swallowing them slowly, early in the morning, from six or seven to eight o'clock, according as there is much water to be drunk, and the patient is able to leave the bed at an early hour. There are cases in which the patient may require to be allowed to drink at home the first one or two doses of the water. The medical attendant must decide that delicate point.

It is desirable to expel some of the excessive gas before the water is drunk when a patient is new at the well. This is readily done by plunging the glass in a copper vessel containing hot water, several of which are provided at the spring for the purpose.

The attendant placed between a counter and the iron balustrade of the wells, receives the glass of each patient in a polished brass stand like a cruet-stand, held by a long stick, and capable of holding six or eight glasses at a time, which he secures by sliding down a brass ring, that, by a spring, presses upon and keeps the glasses fixed. Thus prepared, he descends, plunges the machine into the well and quickly brings forth the glasses

brimful, which he as quickly tenders all round to the water-drinkers, releasing the glasses by the removal of the brass slide.

Some prefer having glasses of their own, but as it is impossible to make all fancy glasses fit in a stand of one and the same form, it follows, that such patients as choose to be so particular as not to drink out of the ordinary glasses, must have the water poured from the latter into their own, a double operation, rather messy and troublesome. There is really not the smallest reason for not using the ordinary glasses supplied gratuitously at the well, for they are always rinsed out in buckets of water by whirling the cruet-stand, mop fashion, into these vessels. The only thing to be desired is, that the water in the said washing-buckets should be frequently renewed.

The dose of the water, whatever that be, is repeated as often as is required, at the distance of a quarter of an hour, the patient walking in the mean while, until the whole morning quantity is exhausted. Some people there are, ladies especially, who cannot walk so early and so long as two hours. I never insist, in such cases, on the perpetual promenading, but allow the patients to take two or three turns after each dose of the water, and sit down, either in the promenade, if it

be dry and warm weather, or in the Kursaal, or in the sun under the arcades, where chairs may be had for that purpose.

A greater number of chairs and benches existed on the walks for the convenience of the invalids when I first attended Kissingen. Within the last three years many of these have been removed by superior medical order as I understand. I confess I entertain not the same scruples with some of my brethren about patients sitting down between the doses of water, provided they have taken a turn or two immediately after drinking each glassful, or after they have walked for half an hour together. The wearing fatigue of tired muscles which follows a protracted and continuous walk of two hours is very detrimental to some delicate patients, as I before observed. There is no kind of ambulatory exercise, perhaps, that produces more certainly,—and with some people more injuriously—that species of wearisome fatigue of the muscles, than the sentinel-like up and down movement which constitutes the walk of a water-drinker at a spa, morning and evening.

There is every reason to believe, that during these intervals of twenty minutes' walking exercise, the dose of the water just taken is almost wholly absorbed before the next quantity is

drank. This fact prevents what otherwise must necessarily occur, an undue distension and weight at the stomach, which six or seven glasses full of water successively drunk and accumulated in that organ would produce.

Great caution should be observed in apportioning the proper quantity of the Ragozi to be drunk. It will affect the circulation quickly with some patients, and even the head to a considerable extent if drunk rapidly or in large quantities. A foolish young man who felt very thirsty one morning, ran to the Ragozi and drunk six glasses of the water, one after the other, to quench his thirst; he fell and was carried in doors quite insensible, though he recovered soon after I saw him.

The Ragozi is also apt to produce a febrile state of the body, when persevered in too long without any sensible aperient effect. The latter result is by no means certain to follow in every person using the Ragozi at first. Some few are fortunate enough to find the water aperient from the very onset. In all such persons the Ragozi is sure to agree perfectly. Others, on the contrary, are not equally fortunate, and were they not to attend to the state of their bowels, and still persevere in drinking the Ragozi, serious

consequences would ensue. I was one morning called in hastily from my rounds, to see a foreign nobleman who had drunk the Ragozi in large doses for four weeks, and was at the time confined to his bed with a slight attack of gout, yet drinking still the water which (probably owing to the latter circumstance and his confinement) had ceased for five days to act as an aperient. He had awoke with pain in his head and dimness of sight, which, presently, failed him altogether, and he became almost amaurotic. I had recourse to cupping immediately and to brisk purgative, with a complete system of starvation and the suppression of all light from the room. In a fortnight he could distinguish objects more clearly, though multiplied four, six, and eight times, peculiarities which gradually vanished, until at length he recovered the perfect use of his eyes.

There has been a great deal said of a certain *badsturm* or febrile and nervous commotion of the system, occasioned at about the end of a fortnight, under the pressure of the Ragozi, when taken regularly every day, and in sufficient doses.

The late Dr. Johnson, who never had an opportunity of witnessing this effect, inasmuch as he never was long enough at a spa to see it in any patients, was inclined to smile at the importance

we spa-physicians attach to this curious phenomenon. But as he could not suppose us all mistaken with regard to the symptoms themselves, he concluded that this probably arose from the constitution of the patient becoming *saturated* with the water and resisting any further supply. This expression of "Point of saturation" has found favour in the eye of Sir Alexander Downie, who adopts it in preference to admitting the existence of a *badsturm*, about which he makes himself right merry. But it is curious to remark how these two writers, when they come to notice the *tertium quid*, that is myself, as a writer also on the spas, vary in their original notion about the phenomenon itself; for while the late doctor expresses his great astonishment that I should be silent on the striking phenomenon of the *Badsturm*,\* Sir Alexander, on the contrary, smiles in pity at a disposition being shown to believe in its existence!†

Both are wrong. There is a moment in most of the cases I have treated when the Kissingen water, whether it be the Ragozi alone, or the Pandur combined with the Ragozi that is taken, appeared to produce a general febrile agi-

\* Pilgrimage to the Spas, page 173.

† Spas of Homburg, p. 48, where the author states he never saw such a thing as a *Badsturm*.



tation of the frame, with a succession of discom-  
forting sensations, and a disinclination to proceed  
with the water, or indeed, with any thing else.  
That moment marks the period *when the ingre-  
dients or mineralising substances of the water  
are penetrating the constitution thoroughly and  
searchingly*, and shows that if we mean to do  
good we should persist (though cautiously), for  
we are in the right way. How can it be *a point  
of saturation* at all, when, on the contrary, it is  
after this very period of the "Badsturm" that  
the larger quantity of water required for a com-  
plete course is taken? This period of febrile  
excitement in some people, calls for rest and  
medicine, in others, nothing but a little time to  
subside. It is generally over by the third  
day.

The perusal of the preceding few paragraphs  
will have prepared the reader for the further cau-  
tion we are obliged so often to impress on patients  
seeking relief from the Kissingen waters, and on  
the physicians they may consult at home, that  
there are diseases in which those waters are  
wholly inadmissible, and among these we reckon  
positive inflammatory fever, confirmed dropsy,  
declared phthisis, chronic diarrhœa, hectic fever ac-  
companying organic mischief of long standing, &c.

It has been erroneously stated by one or two writers who have never had the least practical knowledge of these waters, that the Ragozi or Pandur are injurious in hemorrhoidal complaints. So far is this from being the case, that I know of no treatment for these complaints more efficacious than the one by the Ragozi and Pandur. The error consists in having mistaken a first salutary exasperation of the disease produced by the waters, which end at last in recovery.

The PANDUR has its febrile and exciting movements also, though not in such a marked manner. To the distinguishing physical characters of this water I have already alluded in the beginning of the present chapter. Its chemical characteristics as compared with the Ragozi, consist in a smaller quantity of iron, which is about equal to half a grain in the pint, and in a fewer number of grains of the same various substances I enumerated when treating of the Ragozi being present in the Pandur.

These circumstances render the Pandur more suitable at the beginning of the cure, and also better adapted for the evening cure. Hence, we often begin the course in the morning by ordering the Pandur to be taken alone for a few days, or we order it to be alternated with a glass or

two of the Ragozi, and almost always recommend it as the drink for the afternoon promenade.

The principal use of the Pandur, however, has ever been and should be that of *bathing*. For this necessary operation the Pandur is admirably calculated, and the very comparative smallness of its chemical ingredients of every kind is what renders it more suited to that purpose. Accordingly, almost every patient who goes through a course of the Ragozi, takes baths also of the Pandur.

I have likewise recommended the use of the Pandur as an enema in cases of confinement of the bowels under the use of the Ragozi. The self-injecting apparatus, commonly called Reid's pump, taken with the bath, serves admirably for the purpose here alluded to, as well as for the purpose of obtaining a *douche ascendante* in female cases.

The resemblance between the two mineral waters, and the contrast they offer at the same time, will have been readily traced by the intelligent reader in the exposition I have here given of their nature and mode of operation. One other feature besides those already mentioned, appertains to the Pandur, which distinguishes it from the Ragozi, and that is, its superior aperient and

diuretic qualities, which render it suitable even when the Ragozi could not be persevered in without risk, and enables us to employ it also in febrile complaints, not excluding the Badsturm itself.

Many examples of these facts might be quoted from my register of cases of patients treated by means of these waters. But I abstain from giving any narrative in particular; the space I have allowed myself not admitting it, and the nature of a manual such as my present volume is, requiring no such medical subdivision of matter.

I may, however, in general terms, state the usual results observed in every case of disease I have treated with the Ragozi, or the Ragozi and Pandur combined, (including also baths of the latter,) as a guide to all patients.

In the first place, while using the Kissingen waters we notice, that the appetite is restored or increased on the one hand, and on the other, that an increased secretion in the intestines follows, the action of which becomes at length perfectly quotidian and abundant. The evacuations are dark, green, pitchy, or slimy; sometimes fluid, sometimes semi-fluid or poultaceous; a very large number of evacuations is not always desirable. But when

we have had to combat old and nodulated intestinal accumulations, we have not been sorry to witness this extreme cathartic effect of the water. It is well known that in many morbid states of the digestive organs there are obstructions in the abdomen and other stoppages which sometimes are due to distension merely, and at other times to stagnation of blood in the mesenteric and hepatic vessels, and again occasionally to induration of one or more of the different abdominal viscera. In all these cases the persevering cathartic action of the Kissingen waters has most triumphantly overcome and permanently removed the distressing symptoms.

It is an error, however, often committed, to view the Ragozi and Pandur as mere evacuants. Their value in the treatment of disease would not be worth a fraction of what it now is, were purgation alone to be the result of this operation. It is in restoring lost tone to all the viscera and vessels which have before required purgatives, that the persevering use of the Ragozi is above all remarkable.

We lastly have to remark the copious discharge of sedimentous matter that is observed in the secretion of the kidneys, after a continuous use of the Kissingen waters, whereby a most

manifest alteration in the morbid symptoms takes place. And the same observation applies to the copious exudations of impure and morbid matter, which is observed on the skin of those who go through a regular course of the water, and are careful not to expose themselves needlessly to the sudden changes in the atmosphere, or to the dampness that ever prevails late in the evenings on the promenade and under the trees, where, at a late hour, patients should never sit down or stand still.

It may properly be stated in this place, that the practice of drinking mineral waters in the evening was first recommended, and on excellent grounds, by Dr. Heidler, of Marienbad, and approved of by most of the German physicians of note, who, like the highly experienced practitioner of Marienbad, are conversant with the mineral water treatment. One effect of this practice as regards the Kissingen water, is to restore sleep.

It would need a whole volume to enumerate all the various peculiarities of action of the Ragozi, observed in different constitutions, and during the treatment of the several chronic disorders for which it is administered. Suffice it to state that such peculiarities exist, and that the physician

alone can justly appreciate their value and importance; for which reason I have always maintained the necessity of patients who undergo so important a treatment as a complete *course* of the Kissingen waters and baths, being visited very frequently by their medical attendant.

As regards that most important application of the said course, the successful removal of many of the female complaints, I can hardly set forth in sufficiently strong language, the singular and specific action which the Ragozi exerts on them, particularly in reference to the circulation. This water owing, no doubt, to the exquisite manner in which the chemistry of nature has dispersed through it a due proportion of steel, kept in perfect solution for a time by the large supply of carbonic acid, has such power on the circulation of females, that it will regulate it, in the long run, and render it quite normal, whether it be deficient or excessive, merely difficult, or altogether arrested, (no matter for how long a period,) when the water is first taken. On these points I speak with the utmost confidence, and not less confidently do I proclaim the virtues of the Ragozi in causing that peculiar and unnatural condition of the female organization in married women to



cease, which totally precludes conception and child-bearing.

Infecundity in such cases may arise from many causes. Fluor; abdominal plethora or congestion; enlargement of the spleen; hypertrophy of the uterus, and a scrofulous tendency (dyskrasis), are in our days justly considered as some of the principal among them. The effect of the regular course of the Ragozi on all such morbid states is undeniable; but in order to produce the whole effect desired, that water should be accompanied by the use of the Pandur baths, and above all by the gas bath.

Of infecundity from each of these causes, I have had, as it appears from the statistical table, more than one case under my care at Kissingen, in which that negative state was overcome by a single complete course of the Kissingen waters and its baths. A few other cases proved more obstinate, and only gave way after the second and third season.

Among the former I shall always recollect with satisfaction, the history of three patients in particular, during the seasons of 1842, 3, and 4, in each of whom the birth of a child, after three, five, and eight years of marriage without the

slightest indication of such an event being possible, took place in each year succeeding the seasons before mentioned, and proved of the utmost worldly consequences to the family connections of the patients. Two of these have since been again prosperous.

## CHAPTER XI.

## SECOND GROUP.

## AERATED NON-CHALYBEATES.

*a.* THE MAXBRUNNEN. *b.* THE THERESIENBRUNNEN.

Great popularity of the MAXBRUNNEN—Its source and physical characters—Chemical composition—Its universal use as a common beverage—Ordinary name—General opinion of its power to prevent disease—A fact curious but true—First medical application made of the Max—Simultaneous or combined use of the MOLKEN (*petit lait de Chèvre*)—Second medical application of it by the author in acute disease—Its great sudorific propensities and soothing tendency—Third medical application by the same to diseases of the urinary organs—Fourth medical application to the lowering of plethora or general fulness of blood and in affections of the head—Summary character of the Maxbrunnen—The THERESIENBRUNNEN—Its chemical composition—Scanty supply—Out of the reach of visitors—Hardly ever employed—Its application impracticable.

It is morning, and a Sunday. Matins and early mass have just been celebrated in the *Stadtkirche* as well as in the *Kapellen*; and the body

of peasants from the neighbouring villages who crowded the churches during service, being now set free, disperse themselves in different directions over Kissingen, the great point of attraction which allures them away from the country on this holy day.

See how very many of these, principally women, in their best country attire, glaring with red petticoats and kerchiefs, and profusely decorated with gold ornaments, run down the steps to the well of the MAXBRUNNEN, or, seated around the basin on the green sward, await leisurely their turn to quaff a full bumper of the water from a clean wooden bucket! This parade and the occupation continue throughout the morning of the Sunday, and is renewed again in the afternoon till the evening.

Such is the popularity of the spring which forms the principal source of our second group, the "aerated not chalybeates," that far and near the people of the country look forward to that day in the week when they may get to it, as a day of festival and good luck. These people seem to entertain some indefinite notion of the salutary effects of the Maxbrunnen; but it is manifest that its exceedingly agreeable taste is the real inducement to drink of it so generally and in such profuse quantities.

The Maxbrunnen rises in a shaft of about two feet diameter to the height of eight feet from the bottom bed formed by sandstone and pebbles. The column of water is incessantly agitated by the escape of myriads of bubbles of carbonic acid gas, not less than 31 cubic inches of which are present in every pint.

When first drawn from the spring, the water is as pure as the clearest crystal. Gas-bubbles rise from the bottom of the glass and cover the inside of it; while the exterior becomes dimmed with dew, as when a glass of ice-water is held in the hand. Left to itself in the glass, the water deposits an exceedingly minute quantity of carbonate of magnesia and lime. Summer or winter, its temperature is little more than 49 degrees Fahrenheit; of course it never freezes. Drank fresh from the source, the Maxbrunnen has a most agreeable taste, refreshing, *piquant*, very slightly saline, and most effectual in quenching thirst. These physical characteristics of the water vary in intensity under different states of the barometer, and still more so after heavy rain, when by a rise in the river (though distant some hundred feet) the spring is overflowed.

It may be remarked with truth, that no visitor has applied his lips to a glass of the Maxbrunnen, for the first time at Kissingen,

without being at once captivated by it; nor have many visitors ever left Kissingen without drinking to its prosperity in a last glass of this very source, with which they always bid farewell to the place.

The chemical composition of the Maxbrunnen is exceedingly simple as compared with that of the two principal sources already described: yet it contains sensible quantities or traces of not fewer than thirteen mineralizing ingredients. It is, however, absolutely free from all vestige of iron or other metallic substance.

Its predominant saline substances, besides  $18\frac{1}{4}$  grains of common salt to the pint, are the carbonates of soda, potash, lime, and magnesia, with two important muriates—that of potash and magnesia. There are sensible traces of bromine and iodine in combination with soda, and a trifling proportion of glauber salt, not more than  $1\frac{1}{3}$  grain in a pint.

The MAX, as it is more commonly styled for brevity's sake, is in universal use as a beverage, even at the table, and leaves no room to regret the absence of Selters, Soda, Fachingen, or any other delightful mineral water beverage. Its more ordinary denomination among the people is that of Sauerbrunnen, or Sauervasser, under which it was generally known from its first discovery until its present patronimic name of the

late king was given to it. The cry for Sauer-vasser is incessant just before, and after dinner among the guests who assemble under the trees to sip the coffee, and in the evening also among the fevered gamblers round the *roulette* table.

It is a common opinion in the country that the frequent use of this water keeps people free from impurities of blood, especially the king's evil; and it would seem to be indeed a fact, (for on inquiry I could not find reason to doubt it,) that scrofula, in any of its formidable or hideous shapes, does not betray itself among an agricultural population by no means remarkable for either abundance of wholesome nourishment or cleanliness of person. This immunity extends only over the district of which the Max spring is the centre. Travel beyond it, and immediately the too frequent signs of scrofula met with in the hilly districts of Germany make their appearance.

The application of such a perfect water to medicinal purposes, made on principles, is of no very ancient date. It is due entirely to the judgment and experience of the present spa-physicians, in which merit I hope I may claim to have some share. Indeed, with reference to the second, third, and last of the four medical applications of the Max, which I am about to enumerate, I be-



lieve I may consider myself to have been the earnest promoter, if not the first mover.

One and the first of the medical applications made of the MAX, is its exhibition early in the morning, in combination with either one-third, one-fourth, or one-half its quantity of hot whey, made from the milk of goats.

For this purpose there is an establishment near the source of the MAX, (to which I have alluded in a former chapter,) called the *Molken Anthalt*, where whey of this kind is prepared according to the Swiss fashion by a Tyrolean, who charges 3 kreutzers for each glass. Patients, however, buy a certain number of tickets, at a subscription price, either from him or in the *comptoir* of the Kurhaus, and pay for each glass they may have occasion to drink every morning with one of those tickets, thus saving themselves the trouble of carrying about their person a supply of the smallest coins of the country.

This combination of Max and whey is necessarily more than tepid, as the Molken is kept simmering in an earthen vessel all the time. It is rather agreeable than not to the palate, and slides smoothly down the throat. Some prefer mixing hot milk instead of the whey with the Max, according to the instruction of their medi-

cal advisers ; but in each case the mixture is repeated more than once—generally three or four times—the dose being a full tumbler of five and a-half ounces.

Of these combinations the one with whey is found to be of essential service in all chronic catarrhs, asthmas, mucous irritation of the trachea, extinction of voice, raw state of the air-passages, bronchitis, and a slightly damaged state of the lungs, with or without harassing cough. The cases of these complaints which fell under my notice in the course of the last few years at Kissingen, and which were treated in the manner here detailed, are sufficiently numerous to authorize me to speak with great confidence of its good effects. One case in particular I thus treated last year, which has made a great impression on my mind. It was that of a field officer, who for some years had been subject to a painful huskiness with a dry cough, and pretty constant sore-throat—disturbances which nothing had relieved hitherto, and which had begun to affect his general health not a little. The persevering use of the MAX with whey for six weeks, combined with inhalation of a peculiar sort proper to Kissingen, (to be described hereafter,) completely restored my patient.

The combination of warm milk\* with MAX is directed more especially to cases of painful digestion or defective nutrition, owing to derangements of the mesenteric glands. I have known this method to produce the best effects, by yielding nutriment to the system in the only manner in which the system would consent to take it. In cachexy and atrophy this mixture of hot milk and Max is truly beneficial.

The second medical application of the Max which I have found of the greatest use, is in the case of that very *bad-sturm* of which due mention was made in the preceding chapter. When the fever of excitement produced by the Ragozi has shown that its energy has touched the constitution, and we deem it prudent to hold our patient quiet for a day or two, the use of the Max kept in an open bottle, or what is better, in a bottle immersed in hot water, and drunk in doses of half a glass every three or four hours, will tend to quell the disturbing symptoms sooner and more effectually than any other remedy. There is a particularly soothing property inherent in the Max so taken,

\* The combination of milk with mineral waters has received the sanction of Frederic Hoffmann, who, so far back as a hundred and twenty years ago, in an essay entitled "*De Connubio aquæ Mineralis cum lacte longe celeberrimo*," recommended this kind of treatment.

which patients thus treated never fail to notice ; in addition to which very desirable property, the water possesses that of being a safe, certain, and most ready sudorific, when drunk in the manner described. From analogy it will be expected that in many acute and febrile diseases the MAX would be a valuable remedy ; and my experience completely confirms such an expectation. It acts in all such cases, somewhat like our warm saline draughts administered in fever, but in a manner and with an effect far indeed superior to those artificial compounds.

It would require a small volume to rightly set forth and elucidate the third medical application of the MAX which I have made and extended in all the varieties of affection of the urinary organs. From its very chemical composition mentioned in this chapter, it would be easy to predicate the immense use that might be made of such a water in disease of the kind just mentioned. Accordingly, I may safely aver without fear of contradiction, that scarcely a case of renal complaints, of the many sent to me by Drs. Prout, Bright and others, who have learned and appreciated the value of mineral waters in the complaints which they have made so completely their department, and of others

sent to Kissingen by the late Dr. J. Johnson, by myself and many more, has left the place without being completely cured, or considerably relieved while at the Spa, or has recovered at a later period by persevering in the use of the MAX carried away in glass bottles properly filled.

In proof of these assertions I will allude to two instances only out of the many which came under my consideration, and in which the patients found in the use of the MAX, their complete recovery.

One case was that of an aged nobleman who suffered under habitual strangury; scanty, hot and sedimentous secretion from the kidneys; symptoms of the prostate gland being in an ailing state; and other functionary disturbances of the same organ. On his first arrival, he was lifted out of his carriage and taken to his room; in less than a week he was able to join the throng at the well, and drink his MAX there. In about a fortnight he could walk as well as the rest of the visitors, and by the end of the four weeks, every one of the disturbed functions were completely restored. I have often seen him since, in perfect health.

The second instance was that of an officer in a cavalry regiment, in which he had seen much

service. A tall, fine made, and well constituted person, who ailed nothing, until after a fall and some hard riding, he became sensible of pain in the region of the left kidney. This symptom extending, he consulted many, but lastly Dr. Prout, who carefully watched him and examined his urine, and after a period, recommended him to proceed to Brückenau, on the faith of what I had stated of one of the mineral-water sources of that place in my Spas of Germany, as a remedy in renal diseases. The patient, however, preferred remaining at Kissingen under my care, where he took for the space of six weeks, nothing else but the MAX with as well as without whey, and by such means, and no other, was he restored to his former excellent health. The case being one which from every circumstance connected with it, from the opinion given of its nature by a high authority, and from its unequivocal signs, offered an excellent opportunity of testing the progressive influence of the MAX. I availed myself of the case, to watch its various phases and mutations, under the action of that water, examining chemically the secretion from day to day, and satisfying myself at last with the perfect assurance, that to the use of the MAX alone the patient was indebted for his recovery.

The almost immediate effect produced by that water in increasing, cleansing, and attenuating the previously scanty, thick, highly coloured secretion from his kidneys, was perfectly striking.

If the MAX be an attenuating remedy—if it be a soothing one—if it excite profuse perspiration—if it largely increase the urinary secretion, its fourth and last application I have made of it, in the treatment of cases of fulness of blood in the head or plethora, and in those states of congestion of the brain which threaten apoplectic attacks, would seem to be a mere natural inference from indisputable premises. And so it has come to pass.

Drunk alone, in small quantities and often in the day, the MAX, when applied to the above purposes, has fulfilled my most sanguine expectations. Some of the superior class of visitors who were at Kissingen last season, will recollect the case of a gentleman under my care, which from its success, as well as from the alarming character of its antecedents, had become generally known, exciting considerable interest among the spa guests. In that case a continuation of threatening head symptoms after a smart attack



of epilepsy, approaching to apoplexy, from which he had only recovered by dint of cupping, brisk and constant purgation, and almost absolute starvation, was at length completely subdued by the continuous use of the Max. But even in using this water, it was found that its effects required to be vigilantly watched and controlled, by varying the doses of the water.

This last medical application of the Maxbrunnen, I hold to be of incalculable value in a country like England, which unquestionably furnishes a larger number of instances than any other kind of affections of the head dependent on fulness, plethora, or determination of blood to that part, whether from high living and succulent food, or from great and often bewildering occupations and agitation of the mind.

To sum up, from all that has now been brought forward for the first time, (for I verily believe no great stress has ever yet been laid on this water as a remedial agent, by my *confrères*) the character of the Maxbrunnen in a few words, I may assert, that as an ordinary beverage, it is inferior to none of the most popular mineral waters employed for that purpose; nay, in taste and

agreeableness, is superior to the best of them ; and as a remedial agent, it is one of the most valuable additions made of late years to the list of health-giving mineral waters.

I shall only devote a very few lines to the consideration of the source, which is the second of the present group, namely, the THERESIENBRUNNEN.

Those of my readers who have perused the preceding chapter, will know where to find that spring, a short way beyond the salines at Kissingen. In its chemical composition it differs but little from the Maxbrunnen. They vary as to a few of the ingredients which are present in the one and not the other, but more so as to the quantity of those ingredients which are present in both. The water is warmer than the Max, is flatter because it holds less carbonic acid in solution and has not so much of it in a free state. It is, above all, very scanty in the supply. Its distance from the scene of action at the spa, is another and perhaps a principal reason why it is hardly, if ever, employed. And yet, in many cases in which even the MAX would be too powerful in its application to disease, I can conceive that a milder water of the character of the Theresienbrunnen might be made available with

success. Its unfortunate locality at present precludes such an application, albeit they are about to render its access less difficult by a new foot-path now making from the upper salines to the source.

## CHAPTER XII.

## THE MURIATED GASEOUS CHALYBEATES.

*a.* THE SOOLEN—THE FREDERICKSHALLE.

Frequency of salt springs in the valley of the Saal—A lake of salt water—Spontaneous appearance of brine springs and artesian springs—The SOOLEN and the Friedericksbrunnen—First origin of the Soolen sprudel—Intended new establishment at the well—Renovative increase of water—Phenomenon of ebbing and flowing—Singular spectacle—A curious experiment—Prodigious quantity of carbonic acid—Temperature—Chemical composition of the water—Compared with that of sea-water—Physical character—Medicinal application—Internal use and external employment of the water as a bath.

THE left bank of the Saal exhibits to our view, as we ascend from Kissingen, a succession of brine springs which have acquired considerable celebrity, especially since the principal one among them has been applied to medical purposes.

It is more than probable that a stratum or

lake of salt-water stretches along the whole valley of the Saal below the old red sandstone, through fissures in which the briny water springs into a bed of red marl conglomerate, passing by a stratum of close or compact cornstone in its way.

This is borne out by the appearance of salt-water at *Hausen*, a mile from Kissingen ; at the *Obere salinen* ; at *Kleinbach*, another village still further ; at *Grossenbach*, again beyond in the direction before mentioned ; and lastly at *Neustadt* and *Neuhaus*, the most distant of the briny springs in the Kissingen district, as we may call it.

Some of these springs have appeared spontaneously on the surface, others have been obtained or enlarged by artesian operations.

Of the latter number are the two which form the third group in our classification of the Kissingen waters, to which I have given the distinguishing name of "Muriated gaseous chalybeates," from the circumstance of their holding in solution, besides iron and much carbonic acid gas, a notable quantity of muriate of soda or common salt.

Of the two constituents of this group, the first called the SOOLEN is the one with which we have more especially to deal ; it forms a most im-

portant addition to the medical resources of Kissingen. The second, or the Friedericksbrunnen, I have been induced to select as companion to the former, (in preference to two other sources I might have chosen of an analogous kind, lying contiguous to the Soolen,) from a fact communicated to me by Inspector Knorr, a very able and intelligent officer, that the water of this source is richer in purgative saline ingredients even than the Soolen, and likely therefore, in our hands, to become of value as a medicinal agent at Kissingen. As yet, my personal experience of this water is too limited to enable me to dilate upon its nature and use, and as I do not find it mentioned in any other work on the Kissingen waters, I shall refrain from saying more until further trials shall have put me in possession of sufficient *data* to draw up a more complete monography of this spring.

Inspector KNORR, who to a consummate knowledge of chemistry joins a perfect acquaintance with hydraulics, was kind enough, not only to accompany me over the works at the lower and upper Salines, in which latter place he has constructed a most beautiful arrangement of horizontal aspirating pumps, but also to show me and explain the plans and elevation of all the

intended improvements, including those for the salt vapour-baths, which he is very anxious to place on a more respectable and efficient footing.

The SOOLENSPRUDEL (from *Soole*, brine, and *sprudel*, to bubble or sputter,) is a well of salt water, lying as before mentioned, at a little more than a mile distance from Kissingen, up the river, in a square building 140 years old, which, with its contiguous wooden tower and clumsy pumping apparatus, will probably have disappeared, and a newer, more elegant, and suitable structure have risen instead, previous to the commencement of the ensuing season of the waters at Kissingen. The designs for this welcome and much-needed improvement, the suggestion of Inspector Knorr himself, as shown to me by that gentleman, are full of merit and very ingenious. When the alterations and new building shall be completed, especially as to the mode of collecting the gas, I prophesy that the apartment of the Soolensprudel will become the drawing-room for the *belles* at Kissingen.

Three brine-springs were once inclosed under the same roof, one of which, the *Rundebrunnen*, or round-well is the Soolensprudel of the present day, of which we are about to treat. It was first



bored between 1785 and 1788, when the existing shaft was sunk fourteen feet deep, eight feet in diameter, with a further depth of eleven feet, having a diameter of five feet only. The cubic contents of this shaft are little short of one thousand feet.

From the bottom of this shaft a bore-hole was carried down to the additional depth of sixty-eight feet, making ninety-three feet from the brink of the shaft. At this time the quantity of water yielded by the bore was four cubic feet per minute, containing 3.14 per cent. of salt, which diminished imperceptibly in the course of twenty years, so that in 1810 it ceased to be available for the purpose of manufacturing salt.

Soon after Kissingen became a part of the dominion of Bavaria, and the new government took the manufacturing of salt into its own hand, a fresh bore was determined upon, which commenced in June, 1822, but was suddenly brought to a close in October, by the snapping of the boring irons, part of which only could be extracted, seventy two feet of the length remaining impacted within the bore. In 1826 it was found that this length of pipe had, by oxidation, so dwindled as to occupy only a length of twelve feet.

The depth attained by the operation just mentioned, (during which, by-the-bye, the geological structure of the valley, as detailed in a previous chapter of this volume, was fully ascertained,) was three hundred and twenty-three feet and three quarters from the brink of the shaft. The flow of the brine, after the bore was finished, amounted to twenty-one and a quarter cubic feet per minute, and two and a half per cent. of salt, with a temperature of fifteen and a half degrees of Reaumur. From that time the flow has gradually increased to its present amount, which is forty cubic feet per minute.

The total produce of salt from this and two other brine springs now constantly at work near Kissingen, is six millions of pounds, which the government sells, in its beautifully white purified state, at 6 flor. 25 kreutzers the hundred pounds, yielding a total benefit to the treasury of 115,000 florins, after deducting the expenses, which amount in all to 12,000 florins, spent among the inhabitants of the village of Hausen.

Thanks to Inspector Knorr's exertion and skill, these results will be considerably increased, by the completion of the boring operation now for some years going on at the old spring called the *Schoenbrunn*, which is momentarily expected

to succeed, as well as by the improvement about to be introduced by the same officer in regard to the mode of pumping the water up to the evaporating houses, and distributing it through them.

At present this operation is formed by means of several water-wheels of a most primitive, slow, and somewhat clumsy mechanism. A quicker and better system is about to be adopted by Inspector Knorr, who will pump up the water from the Soolen spring to the top of a new and elegant tower sixty-five feet high, and then convey it, by vertical pipes of iron, up to the top of the so called *Gradirhâusen*, by suffering it to fall down from the summit of the tower through a descending pipe, and so find its own level on those singular looking buildings.

The most striking and imposing feature of the Soolen, one which imparts to it a specialty not to be met with elsewhere, is its character of an intermittent or ebbing and flowing spring. Intermittent springs there are in many parts of the world, but none of the nature of the Soolen, in which this phenomenon is marked by such violent and striking peculiarities. No one who has beheld the phenomenon but has been awed by its mysterious appearance: none has ever seen it once and forgotten it !

The intermission of the Soolen was remarked from the very first, during the operations of boring; but it was then very irregular, inasmuch as on one occasion there had been no cessation of the flow for fourteen days. Its recurrence since has been more regular, though influenced materially by the number of pumps at work in the shaft.

At every hour of the day crowds surround the well which is encircled by a proper guard, anxiously waiting the arrival of the mysterious phenomenon. Each person tries to detect its beginning, by fixing his eyes on the empty space in the shaft, the eleven or twelve feet depth of which, from the brim to the water, present nothing but "darkness visible." On the black surface at the bottom a gentle ripple is scarcely perceptible, produced by a few bubbles of gas; in other respects all is still as the grave.

Presently, certain hollow sounds reach the ear, resembling the report of distant artillery, or drums;\* and the shaft is observed to fill slowly,

\* Professor Forbes, in his scientific and learned dissertation on this well, admits having perceived the sounds in question, but only when the gas began to be discharged pretty briskly, and he thinks they arose from concussions of the great column of water, occasioned by partial disengagements of gas.

by the water ascending like mercury in a thermometer, the surface becoming at the same time agitated and noisy. A thick foam covers it, which is only broken in the centre, by a rapid succession of explosions of gas (almost pure carbonic acid) during which the water, where the foam is partially dispersed, assumes the green hue of the sea in high latitudes. In the mean time, the upward progress of the water, accompanied by great commotion, continues steadily, until the great shaft is filled to the brim, with water agitated in the most violent manner. To those who have looked down from the stern of a ship, hurried along by a gale through the sea, and have seen the water foaming against, and lashing the rudder in perpetual leaps and contortions, it will afford some notion of the aspect of our well at the moment here indicated; in short, a sailor is reminded of that very phenomenon. Or the well may be compared in its extreme turbulence to a great caldron of water, boiling on a furnace as rapidly as possible.

When this turbulence is at its maximum, the emission of gas which preceded the ascent of the water in the well abruptly ceases, and in a few seconds the surface of the water in the shaft becomes perfectly tranquil. The water descends

and continues to do so, at first rapidly then more slowly, until it has subsided about nine or ten feet. This point has but just been reached, when a sudden welling up of the water first, and then of the gas, is again observed at the bottom. The shaft fills very slowly, and the flow of water and gas continues for a long time progressively to increase, apparently not attaining their maximum, until the water is at its full height, which requires from thirty to forty minutes after the first return of the stream. In this state of violent agitation it remains for about two hours, sometimes more, but often much less, when the preceding cycle of phenomena is repeated.

The period of intermission varies considerably. In general that peculiarity has been observed every three hours, but its recurrence is greatly influenced by the number of pumps at work, to extract the water from the well; the more pumps, the fewer the periods of intermission.

From accurate observation, Professor Forbes again observes, it seems clear that when the water descends in the shaft, it is actually re-absorbed by the artesian bore which emitted it, for there is no other outlet to the shaft.

The professor recounts the result of an experiment intended to show the degree of up-

ward force with which the water is ejected from the artesian bore. When a narrow tin tube, with a funnel end is lowered into the shaft, and applied by the said end to the mouth of the pipe, fitted in permanently, and connected with the 298 feet bore in the bottom of the shaft, the water and gas spouted to a height of many feet above the surface of the ground; showing that were a pipe carried up from the bore, instead of discharging itself from that bore, as at present, into the eight-feet diameter shaft, the water would form a spouting fountain, closely resembling in its phenomena the Geysers of Iceland.

The almost pure carbonic acid gas which is emitted with violence from the artesian bore, and the passage of which through the column of water is the cause of its turbulent commotion, is in quantity prodigious. In a pint of the water there are thirty per cent. cubic inches of gas combined, but this gives no conception of the quantity evolved wholly uncombined. Professor Forbes could not devise a feasible plan for getting so much as a rough estimate. "Even the first few minutes of returning action of the spring in its feeble state (says he) after the ebb, are sufficient to fill the entire shaft of 920 cubic



feet with gas, occasioning the great commotion already mentioned."

It is this quantity of gas which has been utilized, and forms one of the very important new resources of Kissingen Spa, to be more particularly mentioned hereafter.

The temperature of this Soolen sprudel is never less than fifteen degrees of Reaumur, or sixty-seven of Fahrenheit, even when the mean temperature of the atmosphere is fifty-two, which is the admitted average temperature of Kissingen in June, July and August. This briny spring may be considered therefore a true hot-spring, the higher temperature of which contrasts with that of the other mineral-water sources in the place, which, in the hottest summer, never exceeds fifty degrees of Fahrenheit. Kastner, the analyst of the Soolen, found the heat of it sixty-seven of Fahrenheit in December, when the temperature of the air was only 45.5.

The chemical composition of the Soolen will be found in the analytical table of the springs, at the end of the volume. It may be observed in this place, that a pint of it holds in solution double the quantity of the solid ingredients found in the Ragozi, and nearly six times as much as in the Maxbrunnen. Muriate of soda, or ordinary

salt, is the principal ingredient, as might be expected; the water, as we have mentioned, being valuable on account of containing this substance, which is extracted from it in a large scale. Every pint yields  $107\frac{1}{2}$  grains. Next comes the sulphate of soda, or glauber salt, of which there are twenty-five grains and a third; and thirdly, another substance of the utmost value as a medicine, but which the profession do not sufficiently appreciate, muriate of magnesia, of which there are 247 grains.

This composition presents a strong analogy to that of sea water, which it resembles in colour as well as taste, though it be not quite so bitter.

With three such sublime ingredients as have been mentioned, it might be anticipated that the Soolen would be likely to prove an effectual purgative. This is precisely the case; and hence the only internal use made of it, is to assist the other mineral waters in preserving the intestinal canal in a soluble state.

We frequently order it to be taken warm, by adding one third or one fourth of ordinary water, quite hot, and drinking one or two glasses of six ounces each. When this is the case, I allow the patients to take it at home, before they get up or come out. It is a good substitute for Pullna

water, or *Bitterwasser*, except where the constitution resents the application of so large a quantity of common salt as is contained in a pint of the Soolen.

The internal use of the Soolen might with advantage be employed for one or two other important purposes in professional practice; but this is not the place to dilate on them. The Soolen is a powerful water which should not be trifled with, nor employed without advice.

Externally, however, the use of the Soolen is much more general, as we shall see in the chapter on bathing. Hot as well as cold, alone or combined with the Pandur, our Soolen has afforded to young and old patients a very full opportunity of testing its value as a bath.

## CHAPTER XIII.

## BATHING.

*a.* WATER BATHS.    *b.* SALT VAPOUR BATHS.*c.* INHALATION.

Importance of bathing while drinking the waters—Abundant resources at Kissingen in that respect—Water baths—The Pandur and Ragozi bath—The Soolen and Pandur bath—Time, temperature, and occasion for more baths—Rest and precautions—Bath establishments—a great desideratum—The saline steam baths—The steam bath establishment—Its temporary nature—About to be improved, and put on the footing of that at Ischel—A digression on the manufacture of salt—Simple but curious process—Powerful saline atmosphere—Sea-side promenade—Medicinal application to the cure of diseases—Profuse perspiration—Suppleness of limbs and joints produced—The breathing gallery—The inhaling room—Inhalation of chlorine on a large scale—Its effect on the organs of voice and respiration.

I AM not about to enter upon a general disquisition on bathing and its good effects on the human frame. That point has been pretty well exhausted by preceding writers, and medical authorities of all ages; and never more so than in

very recent times, when as a measure of the first hygienic importance, it has been ably advocated in and out of Parliament, and practically inculcated on the industrious classes of this country.

My duty is simply to state, that in carrying on the mineral-water treatment at Kissingen, it is of the greatest importance to its success that the water-drinking system should be combined with bathing. It is only in this manner that we can expect quickly to saturate the constitution by adding to the injection of water, its absorption through the pores of the skin.

For this purpose, no Spa offers a greater number of resources or appliances than Kissingen. The mere perusal of the heads of the present chapter summarily recorded above, will be sufficient to convince the reader of the accuracy of my assertion.

The first of the said appliances is the water-bath. This may consist either of the Pandur water alone, or of the Pandur water and the Soolen combined, or of the latter alone, or of either again in a diluted state ; or lastly, of the Ragozi alone.

It is only on very extraordinary occasions, however, that the latter water-bath is prescribed ;

and its adoption requires a special order from the physician, or the necessary water could not be obtained ; inasmuch as in the great reservoir-house, in which both the Pandur and Soolen waters are collected for the purpose of supplying the baths, no such provision is made for the Ragozi water. This water is far too precious to be used promiscuously for bathing.

Yet in three or four instances where some patients under my care, capable to pay for such an advantage, and absolutely requiring it, were ordered to take baths of the Ragozi, the thing was accomplished through the assent previously obtained from the accommodating representative proprietor. I had thus an opportunity of witnessing the effects of such a bath on the constitution of females, (for the cases were of that class,) and I came to the conclusion that it is almost unmanageable from its exciting effects, which require very close watching. The last time I employed it, was for the removal of some uterine obstruction, accompanied by excessive debility of the entire inner organization. It had the desired effect ; but the lady, naturally endowed with exquisite sensitiveness of the nervous system, became at the same time greatly excited under the influence of the Ragozi bath : which excite-

ment she used to call intoxicating, representing the sensation produced as of an agreeable nature.

The Pandur water is that which is more commonly used, alone or diluted with fresh water, according to the direction of the physician, who is, of course, guided by the nature of the case and the susceptibility of his patient.

It occasionally happens that a water-bath requires to be of a more stimulating nature for the skin—in which case we mix the Soolen with the water of the Pandur in due proportion, or we substitute for the Pandur bath one of pure Soolen water.

In these cases the water is almost always ordered to be warmed to a temperature varying from 93 to 94 and even 100 degrees of Fahrenheit. It is not often that a temperature inferior to 94 is prescribed—the object in all these baths being to produce a gentle action on the skin. When cold bathing is required, the Soolen water is employed in the manner I shall presently describe.

The time most appropriate for bathing is between half-past ten and twelve o'clock in the morning. A few patients require to bathe just before going to bed. They get their bath, of course, in the house in which they reside. Others I have ordered to take what is called a



sitzen bath (a mere dip of two or three minutes) on first waking in the morning ; for which purpose a proper tub or hip-bath is laid by the bedside over night, that the patient may, on getting out of bed, take the requisite dips, and immediately return to bed to await the reaction which follows in a few minutes, and then get up, dress, and proceed to the wells.

There is no general rule with regard to the length of time the patient should remain in the bath. From fifteen minutes to half an hour is the most usual period recommended ; but I have found it necessary and useful sometimes to prolong that period to three quarters of an hour, more hot mineral water being added in the meantime to keep up the requisite temperature.

In general it is best to get into bed after the bath, and remain quiet, without, however, indulging in sleep. A gentle perspiration often comes on, or a glow, which may be encouraged if necessary by swallowing a large draught of the Maxbrunnen, either cold or lukewarm ; for in either case it will act as a diaphoretic.

Some precautions are necessary to be observed in using all these warm baths where the least tendency to fulness of blood in the head prevails, one of which is, that immediately on becoming

immersed in the water a handful of it should be sprinkled over the forehead and crown of the head—an operation that may be repeated more than once during the bath. This is better than the application of the cold towel recommended by some practitioners. Evaporation of the sprinkled water, and consequently abstraction of heat from the head takes place, and the circulation in that part is thus kept under control.

It were desirable that in a spa where baths are so essential a part of the treatment, a suitable establishment for them should exist, worthy of the reputation and high standing of Kissingen, and in accordance with other public edifices erected for its benefit. Such, however, is not the case at present; and the only public baths properly so called are to be found at the Kurhaus. The state of these, however, from an originally bad institution and locality, from degradation and other causes, is one of which the lessees are ashamed, and of which the royal lessor is perfectly unaware, inasmuch as a handsome and extensive series of baths, on the most approved and modern principles, has been ordered by his majesty some time since, which, however, is as yet only a project without immediate signs of realization. But such an establishment is abso-

lutely necessary; and he is no friend to Kissingen as a spa, or careful of its success, who impedes that desirable realization.\*

In default of better public baths, the proprietors of the Kurhaus supply to its inmates magnificent baignoires in their own apartments, which are filled by proper attendants, at the regular hour, from the great boilers in the offices below.

The system of private or domestic baths is carried on in a singular manner, as I have before

\* It is rumoured that there will be thirty bath-rooms, in the oriental style, in a building apart, at the back of the garden of the Kurhaus. It is to be hoped that at the same time the method invented by Messrs. Schwarz of Fulda, for heating the water by means of steam, will be introduced. The baths at Kissingen will thus have reached their highest point of perfection. By such a method a warm bath is soon obtained. The sides of the Baigneries may be of wood, but the bottom must be of copper, and the water it contains may then be heated in a quarter of an hour, by means of the steam of common water, at 27 degrees of Reaumur (93° of Farenheit) being applied to the copper. Such a bath retains an even temperature, should the patient remain in it even a whole hour. Another and the greatest advantage, however, is, that by such a method of heating the water the carbonic acid gas is not lost, as is the case by the ordinary means. Hence the bath retains its strength, and the bather finds it in consequence much more agreeable. Dr. Martang with the Salbade, and Klostermann in his mineral bath establishment at Jöhannsburg, employed this method of heating the baths, and succeeded perfectly. At Schwalbach, seventeen of the baths have been arranged on this plan.

mentioned, in all the large and many of the small lodging-houses—a system which is liable to many abuses, and which is only to be tolerated because of the want of a suitable large public establishment for the two sexes, which alone should be permitted to exist. We should then have responsible officers to superintend so important a feature of the spa, and a guarantee of the genuineness of the water employed in the baths.

The neat and generally well-conducted private establishments for bathing in the houses of the respective spa physicians, and in the palatial buildings of Baron de Hesse, Heile, Hailmann, Sanders, &c., would, with the principal and new bathing establishment to be erected at the royal Kurhaus, suffice for every want and emergency, and secure to the spa visitor genuine and effective baths.

I may now mention generally, that one of the immediate effects of bathing in the Pandur water is the restoration of lost sleep, and a tranquillizing sensation that pervades the system for some time after. As regards the many very useful results of bathing in the warm Soolen, I shall only allude to its healing power in cases of chronic and inveterate pustular or scaly eruptions, blotches, and other cutaneous disorders. I have seen in

two or three cases of these kinds, last season, the sores heal with a rapidity (after they had been partially exasperated) perfectly surprising.

I next approach a branch of the bathing appliances at Kissingen to which I am indebted for very extraordinary results in the removal of chronic and formidable diseases; and on which, consequently, I look with intense interest and jealousy. I allude to what I have styled "saline steam-baths." The means for such baths have existed ready at hand at Kissingen, or rather at the *salines* so often alluded to, for many years; but their application, the buildings or establishments used for this purpose, are of very recent date. The cabinets for the administration of the *Dampfbad*, as it is called, to which I am now referring, were only erected in 1841. They are, I hope, to be considered as a mere temporary contrivance, the idea of which is excellent, but the details and execution defective and inferior. Having had occasion to use these for my patients oftener, perhaps, than any other medical man in the place, I have had more opportunities to notice and remonstrate against the imperfection of what exists, and the want of what we have a right to expect in so important a branch of the bathing establishments of our spa.

Inspector Knorr, with a candour that does him credit, admitted the truth of this, and assured me last year that every effort would be made to substitute a more suitable establishment, for which he had prepared a most able report and plan, full of useful suggestions, showing how easily an arrangement similar to the one existing at ISCHEL in Austria, with additional improvements, might be accomplished in this place. I trust, for the sake of Kissingen itself, and certainly of the spa visitors generally, that the counsels of that able superintendent will speedily prevail.

It may truly be said that one of the great lions of Kissingen is the Sprudel, and its whole establishment, for the manufactory of salt. Often have I escorted parties of patients to both places to explain the phenomenon of the one and the proceedings of the other, with a view of showing how they have been made applicable to medicinal purposes.

The daily produce of the spring just mentioned, at the rate of 2000 cubic feet of salt water per hour, must be evaporated in order to obtain the salt held in solution. It is evident that such an evaporation, wholly conducted by means of fire, would be too costly to be profitable. The well-known plan of spontaneous evaporation has been

preferred, by suffering the salt water to drop from twig to twig, off vast open stacks of thorns, so arranged as to present a very large surface to the air, and thus carry on evaporation at an ordinary temperature.

These stacks of thorns, regularly piled up in stages, forming a wooden platform of twelve or fourteen feet from the ground, rise to a height varying from twenty-four to forty-two feet, being disposed in two separate parallel ranges, one foot in thickness, with a space of about one foot between. They are covered over with a wooden roof, under which are the hydraulic contrivances for the circulation of the water and suffering it to drop through the stacks of thorns when necessary. At the bottom of the stacks forming the central part of the wooden platform before mentioned, are wide continuous troughs, into which the dropping water falls, to be again carried up by suitable pumps to the top of the stacks, from which it is again suffered to trickle down into the troughs below. This operation is repeated not less than five and very frequently as many as six times, when at length the water having attained the required concentrated degree of saltness, is



conveyed to the boiling-house for the concluding part of the process necessary to extract the salt.

Those singular looking ranges of wooden building which the spa visitor beholds for the first time, on directing his steps from Kissingen along the valley towards Hausen, and which attract his curiosity, without finding him able to guess at their destination, are the evaporating sheds I have endeavoured to describe, and to which the name of Grädiren Houses has been given. Nothing can be more admirably suited to the intended purpose of evaporating water by the ordinary temperature of the air. By an ingenious contrivance (which it is needless here to explain more minutely, but which, as well as the rest of the hydraulic apparatus, will amply repay the visitor to examine, by ascending to the top of the graduating houses) the salt water is made to trickle down the sides of the stacks of thorns to leeward of the wind. Without this contrivance the wind would scatter the drops of water and disperse them through the atmosphere. Two parallel rows of stacks are placed under each grädiren-haus, that the salt may trickle down two surfaces. The stacks are seven thousand feet in length; so that a space equal to two English miles and a-half is traversed

by the water before it reaches the boiling-pans, where the final crystallization of the salt takes place.

During this progress of the salt water forward, the quantity of oxide of iron which it holds in solution, and a large proportion—indeed nearly the whole—of the earthy matter is deposited on the thorns, which become incrustated with those substances, and present to the observer the red and dusky-white appearances observed in the Grädiren houses. This process of depuration saves a subsequent troublesome and very expensive operation of re-dissolving the salt and crystallizing it afresh for purposes of purification, which the ordinary mode of obtaining salt from sea water renders necessary. Nothing can be purer or whiter in appearance than the salt drawn from the boiling pans or tanks after the first crystallization.\*

What a vast charge of moisture the atmosphere

\* The thorns or bushes require to be changed once in six or seven years. They then exhibit the appearance of red and white corals, or petrifications, specimens of which no visitor fails to take away with him. These bushes make excellent fences. Large solid deposits or sediments are also formed at the bottom of the troughs in the Grädiren-houses, which are removed once a year. They are about two inches and a half thick, of an ochreous carbonate and sulphate of lime, and are employed to mend footpaths.

has carried off during the period of spontaneous evaporation, may be inferred from the fact that the salt water is seven times stronger (2.5 : 17.5) after than before that operation. Analysis gives 14 grains of salt for 976 parts of water. Hence in the course of the year 210 millions of pints of water are dispersed through the air in the form of invisible vapour, in the neighbourhood of these Graduating or Evaporating-houses.

Advantage has been taken of this circumstance to establish a marine promenade for the benefit of such invalids as require to inhale a moist air, charged with such saline particles as are found by the sea-side, but considerably stronger. Accordingly a footpath is established on each side of the whole length of the Graduating-houses, on the elevated platform, guarded by a parapet, along which the patient is made to walk for an hour or so in the middle of the day—sometimes early in the morning—selecting that side on which the sun happens to be shining at the time, and avoiding the side to the wind, a matter easy to accomplish, as the Graduating-houses are placed at various angles of incidence to each other.

The patient, or indeed any person thus engaged, is not long in perceiving that he takes into his mouth *salt air*, inhaling and smelling

that peculiar aërial principle which consists of chlorine or bromine exhalations, and which mark marine atmospheres, until he cheats himself into the belief that he is really by the sea-side—a belief confirmed rather by the view of certain *confervæ* or marine plants that grow in those troughs of the Graduating-houses in which the more concentrated water is last dropped from the thorns. It is a curious fact, by-the-bye, mentioned to me by Inspector KNORR concerning this *confervæ*, that they are *barometric*; for they are observed to rise from the bottom to the surface in fine weather, and so remain as long as such weather continues; while they rapidly sink on the approach of bad weather or rain, and remain at the bottom during their continuance.\*

The water, once admitted into large square wrought-iron tanks of some hundred feet capacity, is boiled down until it yields  $26\frac{1}{2}$  per cent. of salt, which is saturation. During this process the liquor becomes brown and intensely bitter,

\* Professor Forbes enumerates several plants noticed in the neighbourhood of the Graduating-houses, (where, he states, that the air is always cool in the warmest weather,) which occur native only near the sea-shore, such as *arenaria marina*, *salicornia herbacea*, *scirpus setaceu*. These and others I have myself observed.

from the presence of a large quantity of muriate of magnesia ; and the salt falls to the bottom in beautiful cubic crystals. A powerful steam ascends all the while from the covered pans or tanks, which, being collected within a wooden chimney placed over them, is conveyed to six *cabinets*, or steam-bath rooms, of which three on one side of the house are for ladies, and three on the other for gentlemen.

These are the contrivances set up in 1841 which require reformation. Efficient as they are even thus, they are neither so convenient nor cleanly, so easily of application, so certain, nor so well served as they ought to be, and as they will be, if Inspector KNORR's suggestions are adopted.

However, I have said that they are even now efficient ; and so they have proved, year after year, in my experience. Where profuse perspiration by a peculiar stimulation of the skin is called for—where rigid joints and inanimate limbs require to be restored to suppleness and life—where languid circulation of the abdominal nervous system, especially in females, prevails, or the vitality of their peculiar organs has been lying dormant for years—and also in such cases of obstructions and in enlargements of the spleen, the

liver, and the ovaria—the chloro-steam baths of the form here mentioned, have actually performed wonderful cures. I could confidently challenge (were it proper to do so) many very interesting patients of last season, and the season before in particular, to say whether the assertion I here advance is not borne out by their own personal experience.

In these chloro-steam baths the patient who has stripped in an ante-chamber, sits, in an inner compartment closely shut in, on a pierced chair resting on an open floor, which closes by a trap-slide, moved at will by the patient by means of a lever. The whole apparatus being placed immediately over the funnels of the boiling pans, it follows, that when the trap-slide is pushed open more or less, a corresponding quantity of the chloro-steam pervades the compartment, envelopes and stimulates the skin of the patient, and raises the temperature to any required degree. To regulate this, a thermometer (as far as it can be visible through the dense steam) is hung by the side of the patient, and a trap door at the top may be pushed open with the greatest ease to let the steam escape.

The time during which the patient is to remain in such a state, the degree of heat to be attained,

the hour when the bath is to be taken, are necessarily left to the discretion and judgment of the physician, who directs also, that upon withdrawing from the inner compartment, the patient should lie down on a sofa provided for the purpose in the outer room, wrapt in a blanket so as to keep up and encourage perspiration, which is generally made to flow very profusely, by drinking some Maxbrunnen or other liquid, as the case may require. It is superfluous to add that much caution is needed in the ordering and management of these powerful and invaluable agents.

But as every patient requiring to breathe and feel a warm moist air charged with chlorine, cannot bear the sort of steam-immersion just described, a contrivance has been managed under the same roof for a milder effect, in the shape of a gallery running across the room in which the boiling process is going on, where patients are made to walk for a certain period and breathe the chloro-bromine atmosphere of the place. This is called the breathing gallery, and might be of infinite service were it better constructed and lighted. That it will be so shortly I have no doubt. How far the breathing of such an atmosphere may be the protecting cause or not, I will not pretend to de-



cide, but I have ascertained it to be a fact that the men employed at the boiling pans, who are exposed to great vicissitudes of extreme heat in doors, and of sudden cold air out of doors, in the course of their operations, and are almost always in their shirt sleeves, never catch cold, and know not what a cough is. I have myself witnessed the immediate good effect of an exposure to the atmosphere I allude to in cases of incipient consumption, bronchitic irritation, oppression at the chest, and dry husky cough or loss of voice.

For the latter complaints or symptoms, however, there is another contrivance in the same establishment, which, like the other two departments, dates only since 1841, called the inhaling room. It is a square cabinet, lighted by a window, having in the centre of the floor a square opening surrounded by a parapet two and a half feet high. Being placed immediately over the large drying chamber in which the crystallized salt in large conical baskets are arranged in rows, and exposed to a temperature of 100 degrees, the warm air from below charged with the fragrant effluvia in which a modification of chlorine gas is sensibly perceived, ascends into the little room and pervades its area, keeping the thermometer generally at twenty-five or

twenty-six degrees of Reaumur and quite dry. When the temperature rises higher, a wooden slide in one of the sides of the room is pushed aside, and an opening is discovered through which a cooler air is admitted from an adjoining chamber.

Here then we have that inhalation of chlorine gas perfectly effectual, in a mild and pleasant form, on a large scale, which has been so strenuously (and I think properly) insisted upon by many of the French and English physicians of late, who contrived what cannot but be regarded as a puny thing compared to this inhaling chamber at Kissingen spa. That I have availed myself of such an agent as often as cases presented themselves likely to be benefited by this species of inhalation, I need hardly aver. Other physicians do the same; and it is not an uncommon thing to meet in the same apartment, patients, male and female, of many nations, quietly sitting round the opening in the floor, some reading, others conversing together, with a lady or two *tri-cotté-ing* or embroidering, all alike breathing largely while thus engaged, the medicated atmosphere, which seldom fails to alleviate, and very often cures, their complaints of the respiratory organs.

## CHAPTER XIV.

BATHING (*concluded.*)

*a.* DOUCHE AND STILL-BATHS.    *b.* PLUNGING  
EFFERVESCENT-BATHS.    *c.* GAS-BATHS.

The Soolen water douche baths—Shower baths—Improvements required—The Strahlenbad—The Vellenbad—The Vanenbad—Plunging effervescent bath—Immediate restorative and invigorating effect—The pretended Schlammbad—Mutherlauge baths—Chemical constitution of Mutherlauge and its effects—The gas-bath establishment—Description—Collection and transmission of gas—Gas baignoires—How to use these contrivances for partial applications—Cautions—Physical effect—Great benefit derived from the gas-bath.

IN a neat square building two stories high, almost contiguous to the Sprudel chamber, and erected three years after my first visit to Kissingen, are to be found several of the appliances or resources which the use of the Soolen water and

its prodigious quantity of gas have suggested to the medical practitioners of the spa for the cure of diseases without the aid of medicine. These I will proceed briefly to enumerate.

On the ground story of the building in question are eight chambers, four on each side of a corridor, in seven of which there is a distinct form of bath, all cold, and requiring, as the principal element, the water from the Sprudel as it rises in its tumultuous and foaming manner to the brink of the shaft. The water is then and on such occasions allowed to run out of the shaft through a connecting pipe, which goes underground to the adjoining building, and there distributes itself by means of cocks and pipes to the seven chambers just mentioned.

In two of these are, what the inscription on the entrance door demonstrates, the *Douchebade*.

They differ very little from each other, the object being to apply with more or less force, either to the entire body, or to any particular region or limb, a certain quantity only of the fresh foaming salt water. For this purpose, a large and deep square bath, lined with wood, is sunk into the ground on one side of the room, and around it, high wooden screens are erected. The patient who is ordered to have a general

shower-bath, descends by a short ladder into the bath, and pulling an iron lever, which acts as an immediate forcing-pump, draws on his head or body such a quantity of water in such a form as he has been directed. The form of the stream is determined as usual, by fixing certain peculiar brass ends to the extremity of the descending pipe through which the water is to issue; while the quantity is measured by the number of seconds during which the patient or his attendant holds forcibly down with his hand, the iron lever he has pulled to obtain the water. In this manner a shower-bath from the minutest Scotch mist to the larger tropical down-pouring is readily obtained. The intention is admirable, and the means are not stinted. But somehow or other the whole machinery is awkwardly managed, and by no means convenient; neither is it well served, or kept in that state of perfect cleanliness which the number and class of patients likely to frequent such an establishment, demand. This remark, I regret to say, applies to all the rooms on the ground-floor. One cannot help feeling, that in spite of the superintendence of a perfectly well qualified physician, Dr. Pferim, who devotes many hours of the day to the administration of this double establishment,

the thing does not march rightly, in the way in which he himself, I feel convinced, wishes : and for this reason chiefly, that whether from niggardliness, indifference, or ill-luck, the authorities have placed a single male attendant in the place, the least qualified in every way for the charge ; not to mention, that he can only speak a close provincial German dialect, wholly unintelligible to the English, the largest number of patients sent to the establishment.

This, as I have frequently protested, demands immediate reform, and all patients, English, Russian, and what not, were loud for it last year. The place requires at least two attendants, neat in their persons, civil, alert, experienced, and of whom one, at all events, ought to speak French, the language commonly understood by travellers of all nations. It should not be lost sight of by the members of the regency of Würzburg, that in a great measure the spa at Kissingen is intended to attract foreigners : their convenience and accommodation, therefore, it is the interest of those authorities to consult for the good of such frequenters of the place. How can such views be said to be carried out, when you give to foreign visitors an attendant in an important department of the spa, with whom they can neither

converse on the subject of their wants, nor comprehend any direction or information which that attendant is bound to give? True, the same remark, I shall be told, applies to the superintendent physician of the establishment we are now considering: my answer to which is, that the present physician has not been placed there for the purpose of consultation, but simply to exercise vigilant supervision over certain medical appliances which require it, in order to be kept in a state of efficiency. The English patients have much less occasion to communicate with him than with the common attendant, male or female. At the same time there is no denying that if the medical superintendent were versed in the French language, the patients would more frequently have recourse to him in their necessities.

Two more of the seven chambers are fitted up with another method of applying the douche bath. Its name of "*Strahlen-bad*," implies, that the water issuing from a flat aperture, having for its form a quarter segment of a circle, flies off in horizontal rays with great force when the cock is turned; against this the part of the person of the patient, which requires such an application, divested of its garments, is exposed for one, two, or three minutes at a time—few being



able to stand it much longer without a pause. I have found this form of douche bath of infinite use in lumbago, dorsal weakness, &c.

One chamber only is destined to what is termed a "*Wellen-bad*;"—that is, a bath in which the water is constantly agitated by a movement resembling that of the slighter waves of the sea near the shore. The bath is sunk into the ground about four feet, and filled nearly to the brim. Fresh water is allowed to rise into it from the bottom, through a syphon-like pipe, and thus the body of the water in the bath, into which the patient is immersed, is kept in constant motion, the surplus going off by a waste-pipe.

In fine, in the two last apartments or chambers, are what the visitors will find marked in the tariff of prices of the baths, "*Wannen-bad*." These are wooden baignoires, not very large, in which the patient lies at full length, and for a short space of time, seldom more than a quarter of an hour, in a given quantity of the Soolen, fresh conveyed from the boisterous source when high. This water is still, yet its surface is covered with the *petillant* movement of the carbonic acid gas escaping.

When patients are approaching the end of their cure, I have been in the habit of sending

them to this establishment, either daily, or on alternate days, (provided the weather was hot or dry) to plunge, or rather to take half-a dozen sudden dips into one of the Strahlen baths, or the Wellenbad, filled with the foaming effervescent water from the source during the escape of the gas. This practice has never failed to invigorate the most languid; and I hardly know an instance in which, from the very first, a patient who has tried this form of plunging effervescent bath, has not extolled it in terms of gratification and personal enjoyment. I could understand that with such a bath, an hydropathic doctor might make proselytes to his ideas more legitimately, and with ten times the facility he now experiences, even though aided by the proverbial gullibility of mankind, in matters of pretended panaceas.

It is necessary to observe that in plunging into the cold Soolen effervescent bath, one ought not to go in head foremost, and that the face should not be advanced too closely to the water, or to the spout which supplies it, while the stream is flowing. The quantity of free carbonic gas which comes into the bath with the water of the well, is never twice alike. We have at times so prodigious a quantity, that it has filled the bath

chamber, and at other times, from its greater weight than that of the atmosphere, the gas has remained rampant on the surface of the water in the bath, and proved inconvenient to the feelings and sensations of the patient.

These several forms of baths are suited to a variety of complaints, and are used always at the ordinary temperature of the Soolen water which, as we have seen, is nearly always sixty-seven degrees of Fahrenheit. During very fine and hot weather they attract morning, noon and evening, a vast number of patients ; so that many have to wait their turn for a long time, and not unfrequently a few have to return without bathing. This is a great drawback, dependent on the very limited extent of the establishment and its appliances, in proportion to the yearly increasing number of patients ordered to have recourse to them ; and it is one, I regret to add, which impairs alike the usefulness of two other establishments, one of which I have already described, and the second I shall proceed to describe immediately.

The accommodations at the Dampf-bad establishment, not less than at this of the cold-water baths, as well as the gas-bath, are totally insufficient for the exigences of the present spa

seasons at Kissingen, and require forthwith to be doubled at least. There is plenty of room for adding to the building, by extending it southwards towards the prairie in the direction of Kissingen; and the already established and still rising importance of the gas-bath is a sufficient reason why the addition here suggested should be made.

I pass over in silence the attempt made within the last few years of setting up (in imitation of the baths at Egra, in Bohemia, fully described in my work on the Spas of Germany, as being *unique* among those spas) a species of *schlamm-bad*, for which purpose the near spa of Bocklet has been selected. The mud which I have seen used at this place, is not a mineralized mud, such as the soil of Egra naturally yields; but pure *bonâ fide* mud, from the neighbouring soil, which being converted into a soft pap by the addition of a sufficient quantity of cold or warm chalybeate water from the mineral spring patients, and some of them the fairest of the fair, have been immersed into it. This has been done under the supposition that such an accumulation of *schlamm* in the bath, will qualify the too powerful action of the naked chalybeates, besides exerting its own peculiar influence on the dis-

eases for which one or two medical men have recommended this Bocklet schlamm-bad. I am wholly incredulous as to any such effect, and view this sort of bath as a mere soiler of the skin, a source of additional expenditure of time and money, and a great inconvenience from the distance of four English miles, over which the Kissingen patient must travel both in coming and returning from the said bath.

I am much more in favour of what is called the *mutterlauge* bath or mother-liquor, drawn off from the boiling pans after the crystallization of the salt is completed. This concentrated liquor is evaporated to dryness twice in succession. The first time some inferior salt is formed which is good for cattle. The second time an intensely bitter solution is obtained, which is employed principally in the manufactory of Epsom salts and muriate of ammonia. This mother-liquor, according to Kastner, contains in a thousand parts not less than 370 of solid matter, and the rest water. The solids are 56 parts of chloride of sodium, 20 of chloride of potassium, 4 of chloride of lithium, 6 of muriate of ammonia,  $1\frac{1}{3}$  of hydrobromate of magnesia and soda, 31 of Epsom salts, and not less than 256 of chloride of magnesium.

Such a liquor is of great power, pungent, acrid, highly irritating; but properly diluted and at suitable degrees of temperature, has proved of the greatest service. I have occasionally heightened the action of the warm Pandur or Soolen baths, by the addition of a suitable quantity of the *mutterlauge* in question. Such a mixture is worth twenty of your mock *schlamm-bad*.

In the same building, and on the second story, are the three chambers in which the general carbonic acid gas-baths are administered, as well as another apartment, in which gas is only partially or locally applied, for which purpose there is an abundant supply of mechanical contrivances, by means of which the gas may be directed to the eyes, to the ears, or to any other individual part of the body, especially a leg or an arm. In two of the chambers there are two baignoires, one on each side of the room; in the third chamber only one baignoire.

The gas-baths establishment boasts of a sitting or conversation Zimmer, where patients frequently for hours together wait their turn of taking the bath. The accommodation is too limited, yet such as it is, we are too thankful to possess it.

The manner in which the carbonic acid gas

is collected and transmitted to the respective baths, is, like every other mechanical or useful contrivance in this place, quite primitive, and therefore not perfect; but my friend, Inspector Knorr, has promised me a much superior apparatus, which I expect to find in full work when I reach Kissingen, D. v. this summer.

The readers are aware of the source from which the large quantity of gas required is drawn. It comes from the great shaft of the Soolen Sprudel. At the moment when the water is rising in that shaft, fuming and foaming, as well as during the whole time the water remains stationary at its highest level, a great iron funnel is lowered from the roof into the water, so as nearly to cover the entire surface; the foam outside the margin of the funnel showing, in the mean time, that the great phenomenon is still proceeding. The gas, though heavier than atmospheric air, (as indeed the attendant takes care to show by one or two simple experiments which he makes at the well, for the edification of the visitors present,) is forced upwards by each succeeding wave from below, and so passes into the three chambers before mentioned and into the baignoires, by pipes artfully concealed.



A gas-bath apparatus differs in nothing from that of an ordinary water bath ; except that the fluid employed, and with which the said apparatus is filled, is invisible and only to be felt, and also that by immersion into it the patient is not wetted, as in the case of an ordinary water-bath. The patient, indeed, enters the bath with his clothes on, except shoes or boots ; although he might retain these also, as I have ascertained that the influence of the gas, if not the substance of the gas itself, passes freely through leather. It is not so with regard to any stout silk stuff, such as gros de Naples, satin, &c., which seems to present an obstacle to the transmission of the gas.

Be this as it may ; the patient who is directed to take a gas bath, enters a wooden baignoire partly sunk into the floor of the chambers, sits on a cane-seat, stretching out the lower extremities, is covered over by means of a lid fitting quite tight, like the lid of a snuff-box, which lid has a portion scouped out in the end opposite the throat. In addition to this, a green oil-silk cloth is placed round the neck, and a towel besides, so as to exclude most completely every chance of the gas escaping. The female attendant next turns with a key the stopcock of the pipe by the side of the baignoire, which brings

the gas from the Soolensprudel while in its state of agitation, and the loose extremity of which pipe being made of flexible material, is also let into the baignoire from behind. Presently a hissing noise is heard, announcing the entrance of the gas into the baignoire, and in a very short time the latter is filled with that ærial and invisible fluid.

When it is required that the gas should more especially affect one part of the body than another, care is had that the flexible portion of the pipe put inside of the baignoire, is of sufficient length to enable the patient with his own hand to apply the gas to the part requiring it. For this purpose the loose extremity of the said pipe has either the form of a cup, or has a tapering end.

Great caution is necessary in opening the lid of the baignoire when the patient is about to get out of it, lest he come in contact with any considerable portion of carbonic acid, and thus suffer some inconvenience. With the least care in the world, and, indeed, by allowing the female attendant, summoned by your bell, to help you out, and so get into the fresh air, no inconvenience has ever been known to occur from the fortuitous inhalation of the gas.

The first physical effect experienced by most

patients, after a few minutes' immersion, is a genial warmth which pervades the skin, increasing to a regular heat over the surface of the body. Now this is an exceedingly curious phenomenon not readily explained. Is the production of heat the result of nervous excitement set up by the application of the gas; or the consequence of a decomposition of the gas, which, by absorption through the skin, parts with the whole or a portion of its caloric at the surface, the solid oxide of carbon entering the system at the same time? On consulting with Professor Faraday on this point, which has never before been mooted, I found him indisposed to adopt the latter alternative suggested by myself, and more inclined to consider the phenomenon as the effect of a play upon the nerves. The phenomenon, I should observe, is not constant, but so frequent that it may be assumed as a regular consequence of the gas-bath. Yet sometimes it will happen that one individual will experience it and another not, though placed precisely under similar circumstances, as for instance, that of being in the same apartment in two near baignoires, and having gas applied by pipes, at the same time, and from the same di-

rection; and again, the same individual will feel warm during three or four baths, and not at all at the next. I have myself examined two patients covered in, taking the gas bath in the same room. The one would have the countenance flushed, with drops of perspiration standing on the forehead, while the face of the other retained its complexion and temperature. If we hold our feet for a couple of minutes on the ground at the brink of the great well, we shall not fail to experience a general and decided warmth in them, which will last as long as we retain our position, and the water continues high in the shaft, and in commotion.

We next find the pulse quickened; and perhaps a sensation of giddiness or fulness in the head, with, at times, a slight unsteadiness of sight. I have myself experienced during the trials I made of these gas-baths *pro bono publico*, a palpitation of the heart, but then I had persevered in the bath for twenty-five minutes, which is much beyond the ordinary time.

Those of my readers who have perused my account of Marienbad, in the "Spas of Germany," will recollect what were the sensations described by the late Professor STRUVE, of

Dresden, the inventor of the artificial mineral waters as prepared at Brighton, and experienced by him when he exposed his diseased limb to the influence of a large column of carbonic acid gas. "The first sensation," says he, "was that of cold; but this was soon succeeded by an agreeable and increasing warmth, with a feeling as though ants were crawling upon the limb in particular parts, especially in the direction of the larger branches of the nerves. The sensation was very similar to that produced by a mustard poultice when just beginning to act.

A gas-bath should not last beyond a quarter of an hour or twenty minutes, but at first half that time will suffice. It may be repeated every day with perfect safety, and used either before or after dinner. On quitting the bath-room it is more prudent to rest quietly for a quarter of an hour in the *conversation zimmer*, the ladies in particular, who should, in addition, lay up their feet on the sofa for that time.

Now, as regards the remedial effects of these baths on the human frame, I feel no hesitation in asserting that all that I anticipated from them in my former publication has been realized within the last nine years, both at Marienbad and Egra, as well as at Kissingen. Their

power in subduing pain, resolving lumps, swelled glands, and enlarged joints, in promoting the healing process of sores, in imparting animation to an almost deadened constitution, above all, their energetic direct influence on the whole organization, male and female, for the reproduction of the species, are now assumed as indisputable truths in medical practice.

I could cite many examples from my own experience; but I prefer letting a greater man than myself tell the benefit he himself derived from the gas-bath, *when everything else had failed*, in a painful and complicated disorder; and, accordingly, I shall quote Struve's own account of his case. "The whole of my left side," he says, "from the hip-joint downwards, had been for years the seat of most violent pains, which often lasted for a considerable period, following principally the direction of the sciatic nerve. With the pain there was connected a great inactivity of the lymphatic vessels. The whole leg was covered with innumerable kernels as hard as stones. The latter vessels looked like over-filled arteries, and the nutrition of the limb had also suffered considerably; for it was half an inch thinner than the other. I was unable to go even the shortest distance without the aid

of a stick and a person to support me, and exhaustion and pain were the general consequences of every little exertion of this kind."

After three weeks' application of the gas to the limb, in the manner before alluded to, the professor recovered.



## CHAPTER XV.

DIET AND REGIMEN DURING THE COURSE OF  
THE MINERAL WATERS.

General principles—Gastrology—Quality of alimens—Those unsuited to mineral water drinking—Quantity—Hours of repasts—Dangers of over indulgence—Drink—Siesta or no siesta after dinner—Exercise after meals, and dancing—Sleep—Hours of retiring to rest, and of rising—Clothing.

IN a work intitled “Gastrology,” which I had prepared for the press on the subject of INDIGESTION and its dire consequences—a work that has occupied my leisure hours for several years, and is still lying in my portfolio—the question of DIET assumed such gigantic dimensions, when treated *à fond*, that I had nearly given up all thoughts of proceeding with such labours. On the present occasion the same question need not em-

barrass this my less-extended performance ; for, although no mineral water treatment of disease can be successful which does not embrace the subject of diet, its consideration scarcely requires that the whole question be largely and deliberately discussed. It suffices for the purpose that certain general principles be laid down relative to the quality and quantity of aliments most consistent with the internal use of such complex medicinal agents as mineral waters, the hours of the day when they should be taken, and the danger a patient incurs when he prefers self-indulgence and gormandizing.

A few words also must be bestowed on the consideration of sleep, exercise, and clothing, as essential coadjutors with diet in promoting the salutary effects of the Ragozi and Pandur, and as forming part of what is called REGIMEN in general.

At a spa, as elsewhere, there is a waste of the body going on which requires to be repaired. Nay, it may be observed of a chalybeate spa, that the waste is greater than under ordinary circumstances among those people who use the effervescent ferruginous water. Hence the increased appetite amounts, in some, almost to craving, of which we frequently hear such awful

complaints among the patients at Kissingen. The question is, how is this waste to be repaired consistently with the nature of the mineral waters, with which you are daily in the habit of deluging the stomach.

The multitude of aliments which are offered to a spa visitor, even at Kissingen—a place not so celebrated for gastronomy as Baden-baden, Aix, or Wisbaden—is frequently a source of mischief, inasmuch as it is apt to tempt people to deviate from those wholesome rules of diet, without which no mineral water treatment would be of much avail in the cure of disease. The quality of those aliments is more likely to be unsuited to that treatment in proportion as they are more multifarious. It is desirable not only therefore to ascertain what quality any article of our food possesses, that we may see how far it will suit us while under the action of certain powerful hydro-mineral agents, but also to limit the number of those articles within the strict definition of the word “wholesome.”

Professor AMMON of Dresden, in a work or treatise connected with the use of mineral waters, has actually given a comparative list of those articles of food which are proper and improper, and a selection of those, as far as they may be

deemed admissible or inadmissible, while regularly drinking any of the mineral waters of Kissingen I shall, in this chapter, proceed to enumerate, for the guidance of my readers. I performed the same service in their behalf in "the Spas of Germany."

I may premise my general directions by stating, that at a spa at which large draughts of cold effervescent saline waters are ingested twice a day, carrying with them a certain proportion of steel or its equivalent, the class of food most suited for the occasion is one highly animalized, to the exclusion of almost every species of vegetable. We may with propriety at once exempt from the latter condemnation all farinaceous vegetables except potatoes, which, properly speaking, should never make their appearance on a public table at a spa, except mashed into a fine pulp—into a *purée* in fact.

Cobbett, who uttered a great many good things and wise sayings, deprecated the introduction of that tuberous root into society as an article of food; for he considered it as one of inferior value, and anticipated that the extreme facility with which any labourer could procure it would induce him to rely upon it solely for his daily sustenance, until little by little he would neglect and ultimately abandon every other species

of application of his skill, labour, and capital, to the production of a better sort of food, as corn for instance in all its varieties, and animal food. He used to call the potato the curse of mankind, and wished it might never flourish in England.

Statesmen and political economists of the present day, far from subscribing to this doctrine of the great farmer of Bottley, have been regretting a recent failure of that root, and have spent large sums of money to discover the means of preserving its culture and abundant production. Now, an aliment which in one hundred of its parts contains not less than three-fourths of mere water, and of the remainder of which the larger proportion is not animalized, but purely vegetable matter—such an aliment, I say, cannot be the thing intended by nature for the most effective sustenance of man.

But all this is said *en passant*, and it was forced upon me by the consideration of the *quality* of aliments in general; and the review I am about to take of such aliments as are wholly unsuited to mineral water drinking.

Bearing in mind that at Kissingen we have to deal with a highly endowed chalybeate water, also with a powerful saline water, and lastly with a profusion of carbonic acid gas, each and all in-

troduced into the system through the stomach, as well as by cutaneous absorption, we shall find that substances generally employed as food present themselves to our attention at that spa under three different aspects :—

1. Incompatibles.
2. Compatibles : and
3. Neutrals.

Under the first of these divisions, the INCOMPATIBLES, we range all astringent vegetable substances and acids, such as tea, very strong coffee, green unboiled vegetables, sour-cROUT, salads, unripe fruits, and indeed fruit generally, lemonade, &c. The effect of these is to precipitate the iron from the water drunk, and thus to destroy the beautiful solution of that mineral principle so necessary and so invigorating to our blood, which nature offers us in the principal waters of Kissingen.

There is a very common and simple experiment the water-drinker at Kissingen can make, which will soon convince him of the truth of the preceding proposition. In half a glass of the Ragozi water pour from your teapot, when you get home to breakfast, a small quantity of the contents, and the mixture will immediately turn black and be converted into a species

of ink. The conclusion from which experiment is, that you must not have the teapot and its usual contents on your breakfast-table while drinking chalybeate water.

As to the use of green vegetables in general, whether raw or boiled, one fatal objection against it is, that they keep up in the larger intestines a perpetual borborigmal commotion, quarrelling, as the vulgar say, with the water, and rendering you unfit to go into society.

In the same division of incompatibles we place salt-meat of every kind, cheese, butter in a large quantity, fat, highly seasoned dishes, and all stimulating condiments.

The COMPATIBLES are those which agree with mineral waters of every kind, and of course agree with those of Kissingen whether chalybeate-salines or salines only. Their range is fortunately sufficiently large to admit of variety in the constitution of dinners for a succession of days, and as it is desirable to court variety or diversity in the aliments to be taken for the support of the body at the spa, the purveyors at Kissingen, at least in the two principal hotels, should study to provide different dinners every day in the week.

As regards the third division of aliments, namely, those which are deemed to act the part of



NEUTRALS, by which is meant that they neither agree particularly well with the mineral waters, nor seem to run directly counter to them, their list is neither short nor uninteresting to those who will have something more than plain things for their repasts.

Having premised thus much on the general principles of a proper choice of aliment while going through a course of mineral waters, I proceed to insert in this place, side by side, the names of those articles, both of beverage and food, which are deemed compatible or incompatible, and are consequently either allowed or forbidden by the faculty at Kissingen. Among the former the neutrals are also included.

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ALPHABETICAL LIST OF ARTICLES OF FOOD PROPER  
AND IMPROPER FOR THE PATIENT.

*Beverage Allowed.*

Bavaroise.  
Barley-water.  
Beer (table) which has done fermenting.  
Broth (not too fat).  
Chocolate (in a very small quantity without spice).  
Cocoa

*Beverage Forbidden.*

Beer (strong or new).  
Lemonade.  
Liqueurs (of all sorts).  
Mulled wine.  
Punch.  
Tea (my experience admits of exceptions to this rule).  
Wines (all heating).

*Beverage Allowed.*

Coffee (in a small quantity, and not twice a day).  
 Milk of almonds.  
 Milk (not too rich, and not as usual drink).  
 Negus (only at table).  
 Sugar-water.

*Beverage Forbidden.*

Warm beer (except in a small quantity).  
 Water (iced).

*Articles of Food Allowed.*

Asparagus (in a small quantity).  
  
 Beans (when quite young).  
 Bread (white.)  
 Beef (much to be recommended).  
 Cauliflower.  
 Chicken.  
 Carp.  
 Cucumber (stewed).  
 Carrots (very young).  
 Chevreuil.  
  
 Eggs (soft boiled).  
 Fish (tender).  
 Fowls.  
 Greens (in very small quantities.)

*Articles Forbidden.*

Apples.  
 Apricots.  
 Anchovies.  
  
 Cabbage.  
 Cake.  
 Capers.  
 Carrots (old).  
 Cheese.  
 Cherries.  
 Cray fish.  
 Cucumber (as salad).  
 Ducks.  
 Eels.  
 Fat (all kinds of animal fat).  
 Fruit (raw).  
 Goose.  
 Garlic.  
 Gooseberries.

*Articles of Food Allowed.*

Hare.

Meat (except salted and smoked).

Mutton (not fat).

Mustard.

Navets (very young).

Oatmeal groats.

Pike (in moderation).

Parsnips.

Partridge.

Pigeons.

Peas (green, quite young and in small quantities).

Purée of peas.

Purée of potatoes.

Raspberries.

Salad (boiled, not green with vinegar).

Spinach.

*Articles Forbidden.*

Herrings (pickled and red).

Hoath-berries.

Husk Fruits.

Herb Salad.

Horse-radish.

Ice (of all kinds).

Lampreys.

Lentils.

Mushrooms.

Melons.

Medlars.

Morels.

Muscles.

Onions.

Parsley.

Pears.

Peas (dried).

Pies.

Plums.

Pork.

Potatoes.

Quinces.

Radishes.

Spices.

Strawberries, (the wood strawberries in particular.)

Salmon.

Salad (green with oil and vinegar.)

Sorel.

Stockfish.

Sausages (of all kinds).

<i>Articles of Food Allowed.</i>	<i>Articles Forbidden.</i>
Trout.	Turnips.
Venison.	Truffles.
Veal.	

Then comes the question of quantity, and the no less important one of frequency of repasts. The former cannot well be resolved by an absolute or golden rule; so much depends on the force of attendant circumstances in each case that no strict regulation can be laid down for the general management of all. The requisite quantity of nourishment must necessarily vary in every case, and had better be left to the medical attendant to define it. He will notice the natural relation between waste and appetite, and between the latter and digestion, in the individual under his care, and determine when and how much he ought to eat.

As to the hours of the day at which the repasts should be taken, there is little difficulty in answering that question at Kissingen. Usage, as well as experience, has shown that breakfast had better be taken an hour after the last dose of the water, namely, at nine o'clock, and dinner at one o'clock. But at Kissingen a third repast is ne-

cessary, no matter how slight; for a dinner at so early an hour as the last-mentioned one, would leave the stomach by eight o'clock in the evening quite empty, a thing to be avoided to prevent a restless night. None of our organs is put out of temper more than the stomach by fasting too long. But a supper in our case should be of the lightest kind, if we mean to avoid that troublesome bed-fellow the nightmare; for Dr. Cheyne, in his book on *Long Life*, has said: "Sleep is sound, sweet, and refreshing, according as the alimentary organs are easy, quiet, and clean." In the fourth edition of my "Catechism of Health," I have entered more fully on the consideration of suppers, than the space and the occasion of the present volume will comport.

I pass on, therefore, to say a word or two of warning to my readers who may chance to be at Kissingen undergoing the water-cure, as to the dangers of over-indulgence at meals, and especially at supper. The effect of the water, aided by regular and sufficient exercise taken at the spa, is to sharpen the appetite. It would be dangerous to listen to its suggestions. The safest precept I can give on this point is, to disregard appetite, and listen to hunger. First

make up your mind that you will eat nothing but plain and wholesome things either at dinner or supper. At the former a potâgé, a sufficient quantity of boiled beef, of fish, of roast meat, principally *chevreuil*, (which is a standing dish at the table d'hôte,) and of one sort only of pudding; (of which such an excellent variety is presented to the guests in Germany;) and at the latter, a potâgé, a boiled egg, or a *cotelette pannée* of mutton, and never of veal, or a little cold *chevreuil*. Next follow the dictates of your hunger, which, as it is gradually and imperceptibly assuaged by the injected aliments, will tell you when to stop; and you will stop before hunger is completely assuaged, which is precisely the state one ought to rise in from a principal repast. But appetite, as a guide would lead you astray; for, butterfly like, it loves to flutter over and light on every dish that lies before it, and will go sipping of the concentrated essence of all, till the blood is fevered and the material for a disturbed night and morning headache are gathered in a distended stomach, which renders the evening-course of the waters uncomfortable, perhaps impracticable.

On the subject of drink, a single word will suffice: "Do, as you will see five-eighths of

the people doing who sit at the same long table with yourself,—DRINK WATER.” Where wine is permitted or recommended by the medical attendant, it will be found that a light Franco-nian or French wine suits best with the mineral waters. In a few cases, however, I have been compelled to allow a stronger wine, such as sherry, steinwine, and others, which are to be had tolerably good at the Kurhaus.

Liqueurs or spirits of any kind are especially inimical to chalybeate mineral waters; and where by steam and other baths, and the consequent promotion of perspiration, we strive to cool down the blood and soften or equalize the circulation, such stimulating drinks are palpably inadmissible.

The question is often mooted, is the *Siesta* allowable after dinner at a spa? I am inclined to reply in the affirmative. When we consider that the spa guest at Kissingen is on his legs and for ever doing something necessary for his cure, for a period of sixteen hours, five of which at least he occupies in actual walking exercise, it is not too much to say, that a single hour of repose after dinner, between two and three o'clock in a semi-recumbent posture on a sofa, *with all ties loosened*, will do good, and prove refreshing rather than the reverse.



Exercise after the principal meal has invariably been deprecated by the best authority before and since the publication of that well known apophthegm of the Salernitan school, "Post prandium stabis."

Later in the afternoon, and still better in the evening, after a light supper, (which calls for the injunction of "ambulabis,") exercise is desirable; and at the last mentioned hour, I know of none more suited to the majority of those who drink the waters at Kissingen than dancing, especially among female patients. I am sensible that I am somewhat at variance with my colleagues on this head, for at the *reunion* given purposely in the Kursaal once a week to promote dancing, I rarely see any of those gentlemen present; my impression nevertheless is, that this species of exercise taken in moderation is salutary, even in reference to the use of chalybeate waters.

But then such an agreeable exercise should not be suffered to encroach in the least on the hours of rest and sleep, which at our spa ought to begin at ten o'clock. The reunion accordingly, by a regulation of the Landrichteher, is put an end to at that hour; and Kissingen is soon after, on that night, as on every other night, buried in darkness and in sleep.

When we consider the time of the morning at which all rise, (half-past five o'clock,) that all may be at the well by six, the early hour at which the spa visitors retire to bed will not excite surprise. How much beneficial influence on the treatment by mineral waters this daily regularity in the hours and duration of bodily repose cannot fail to exercise, it is scarcely necessary to point out even to the merest tyro in the science of hygiene.

There is only one other topic connected with the regimen to be observed at Kissingen demanding attention, and that is, the proper choice of clothes. Unquestionably, Kissingen is a tip-top dressing spa: this has already been stated; but the brilliant toilettes of the ladies are not always selected with judgment or prudence, nor are the gentlemen more advanced in discriminating with reference to the necessity of suiting the form, weight, and size of their clothes, to the varying phases of the weather, through the period of five or six weeks which they are to pass in that valley, and to the changing temperature through the length even of a single day. Both sexes require to have a lecture read them on this subject, but I have neither courage nor space left to put myself into the office of lec-

turer. If they will bear in mind, that while under the action of a continuous course of mineral waters and minerals baths at Kissingen, their bodies are intended to be kept inwardly cool, and outwardly warm ; and that therefore, neither the body should be exposed to wind, cold or rain. without due protection, nor the feet laid upon a wet soft sandy soil for a couple of hours, without being sheltered from its injurious effects by a suitable *chaussure* ;—if they will but bear in mind these cautions, they will have reason to be thankful that they have acted on such good advice.

It will not, I trust, be inferred from my silence on the subject of “moral hygiene” connected with the treatment of disease by mineral waters drunk at a spa like Kissingen, that I do not attach suitable importance to it,—the reverse is the case. But a whole volume would hardly suffice to treat it as its importance demands, and for that neither my leisure nor the opportunity of the moment qualifies me. It is not to be disputed for a single moment, that a treatment which begins by severing the patient at once from all his former local impressions and morbid associations, to place him in a new field where everything by which he is surrounded is

calculated to cheer his mind with renovated hopes of recovery ; a treatment which abstracts him in the most effectual manner from every care, business, worry, and interference by which he was surrounded at home ; a treatment which almost entirely discards the use of medicaments, to substitute instead a very agreeable effervescent piquant beverage ;—it is not to be disputed, I repeat, that such a treatment must exercise a certain beneficial influence on the patient, morally speaking, which cannot fail to promote his physical recovery.

## CHAPTER XVI.

## THE NACHKUR :

## AFTER CURE, OR CONSECUTIVE TREATMENT.

State of the patient on leaving the spa—After effects of the waters—Use of the Ragozi at home—Facilities for that object—Exportation of Ragozi and Maxbrunnen to England—Process of filling the bottles—Additional gas necessary—When is a second season of the water required?—Abstinence from medicine—Necessity to observe the spa diet for some time—Best means of favouring the good effects of the waters—Pleasant excursions—Switzerland—South of Germany—Fatigue and excitement to be avoided—Use of other mineral waters or baths required—Tonic chalybeates, Bocklet, Bruckenau—Alkaline chalybeates, Cannstadt, Schwalbach, Soden—Sulphuretted waters, Boll, Weilbach, Aix-la-Chapelle—Thermal baths, Wildbad, Wiesbaden, Baden-baden.

ALMOST every writer on mineral waters, employed remedially, has insisted on the necessity

of attending to certain measures and precautions after the conclusion of the spa season. This is what the German authors mean by the emphatic word placed at the head of the present chapter. My experience leads me to coincide almost entirely with their views and practical observations on this important topic.

What is the state of the patient on leaving the spa after the completion of his first season of mineral water treatment? His malady has either been wholly removed, or the treatment, if not entirely successful, has so roused the energies and resources of his constitution, that a little more care and management at home will complete the recovery. A third state of the spa-patient is one which tells in intelligible language that upon the return of the proper season, a repetition of the mineral water course will be required.

With reference to the first of these three conditions, it should be borne in mind, when we are called upon to judge whether or no the malady brought to the spa has been entirely eradicated, that we ought not to determine that point in the negative, simply because we find many of the morbid symptoms still present in the patient, or, indeed, the disease itself, apparently but little mitigated. It is a fact not to be contro-

verted, that the salutary effects of certain mineral waters on certain constitutions, are "after effects," that is to say, they only become manifest a month or two after the spa season. During the interval, many of the principal symptoms seem to remain contracted, or only partially diminished.

In this, however, the mineral water treatment is not singular, and differs nothing from the treatment of diseases by medicine of any kind. We often notice that many diseases leave behind them, when otherwise cured, certain morbid impressions which are not effaced until long after the completion of the cure. Thus, after violent inflammatory fevers, in which the pulse had long continued in a state of great irritation, we find this anormal condition of the circulation to persist for some time unchecked, giving way, at last, only by degrees. In nervous complaints, again, that have reached a full stage of convalescence, who has not remarked a persevering continuation for a season of the same nervous disturbances which marked the previous course of the disease? Thus, again, is it with regard to the action of certain remedies on our constitution. Long after we have discontinued the use of mercury, or opium, or any other powerful remedy, we are apt to experience a ten-



dency to salivation, or constipation, or such other inconvenience, as the remedy employed had occasioned during the continuance of its employment.

Under such circumstances, therefore, the patient need not imagine that his recovery has failed, should any of his morbid symptoms continue. He may, on the contrary, look for it with confidence some short time after his return home.

In the second case, the recovery, though not complete, may be expected so to become through the agency of those constitutional energies and improvements, which the course of mineral water has served to rouse and to effect. In such cases it seems necessary that the treatment should be followed up by a continuation of the use of the mineral waters at home, for which purpose great facilities now exist in London.

The Ragozi, as well as the Maxbrunnen, are exported largely from Kissingen, and much of it is sent over to this country. I have encouraged this operation to the utmost of my feeble interference, from a conviction that the genuine water bottled with the precautions I suggested, and with an additional quantity of carbonic acid gas

introduced into each bottle by the process first recommended by Herr Von HECHT, at Egra, would prove very efficacious. By that process all chances of any precipitation of the iron from the water is avoided, and the pleasant *piquant* taste of the Ragozi is preserved. In the Maxbrunnen the same additional quantity of gas which I lately insisted should be introduced into the bottles, has served to supply the loss of that substance which the common act of bottling the water entails. Hence, the imported Maxbrunnen, like the Ragozi, retains its natural petillancy and agreeable acidulous taste. I believe that the amount of bottles of the Ragozi and Maxbrunnen exported annually from Kissingen is now nearly half a million.\*

In the third case we have to determine whether, as part of the NACHKUR, the patient should look to spending another season at Kissingen. In many diseases of recent origin or of a simple nature, such a measure is seldom, if ever, required. But in most of the deep seated, complicated, obstinate, and chronic complaints, the

\* Mr. Garden, Chemist, 372, Oxford street, has been appointed General Agent for the sale of the waters by Messrs. Bolzano.

necessity of a second season at our spa may be predicated, and the patient should unhesitatingly be told of that necessity.

But whether or no, there is one thing certain which the patient should look to, as regards the period of the Nachkur, and that is abstinence, as far as lies in his power, from all species of medicines, whether of the purgative kind or otherwise. If the Ragozi has been administered properly and successfully during the treatment at Kissingen, the former class of medicines will not be required. The reader will bring to his recollection on this point, what I stated in a former chapter on the subject of the efficacy of that water in rendering the subsequent use of aperients unnecessary. As to any other remedy, tonic or alterative, which patients on their return from Kissingen may be recommended to take, because they may happen still to experience some of the morbid sensations they had carried thither, I tell them that no such aid is required to complete their cure.

All that is expected of a patient under such circumstances, and, in fact, under any circumstances, on leaving the spa, is to observe very strictly for a month or two the same watchfulness over his taste and appetite which we incul-

cate while at the spa, in order that none of the *incompatible* articles of food may enter the stomach, and interfere with the silent but steady working of the mineral waters.

The best means of favouring the good effects of these waters, after quitting the spa, is to visit some neighbouring cities or country, in the company of some agreeable fellow travellers, and to seek quiet amusement in excursions, until the approach of the first cold short autumnal days, when it will be prudent to return home.

Fatigue and excitement must be studiously eschewed; and travelling by public conveyances, or by noisy and hurrying railways, is more likely to spoil than to aid the after effects of the mineral waters. These cautions apply with equal force to those patients who, having experienced the salutary effects of the Kissingen waters, are only anxious to return to England, that they may shoot and hunt, and go through every species of sporting exercise. To such I say, *Caveto!* beware! If anything is likely to mar the beneficial results of the cure at Kissingen, it is this very life of excitement and fatigue.

Two strong illustrations of this truth occur to my memory at this moment, to which I may as well refer. In the one case a middle-aged

gentleman of considerable fortune, a martyr to the formidable effects of an Indian climate long endured, recovered from a serious affection of the liver, and general disturbance of health, in 1843, at Kissingen. On his quitting the spa, he undertook an extended tour through Switzerland, where he exposed himself much to heat, rain, and considerable bodily exertion. He was also tempted to deviate from the dietetic rules he had regularly observed while at Kissingen, and, in fact, lived as if he had never been ill, and as if he never should die, so satisfied was he of his thorough recovery. Alas ! a sudden attack of bowel complaint brought on by exposure on the lake of Zurich, and a hearty supper, in which raw fruit was not spared, put an end to his misdoings, and he died in the course of three days.

I had last year a young lieutenant in the Indian army under my care, of the safety of whose chest serious apprehensions were at one time entertained. Six weeks of persevering treatment with the water and baths at Kissingen restored him to a state of perfect health. He was recommended by me to prefer a quiet excursion through the south of Germany, on leaving Kissingen, in the company of two of his relatives, and to return to England about the month of

November, as we no longer feared anything about his lungs ; he might then be fit to return to his military duty. But this advice was not to his taste ; he felt that he was quite well ; and he could not see why, by the first of September, he might not join his sporting friends in the north, to enjoy the pleasure of shooting. Accordingly he parted company with his two relatives, and proceeded on his way, and *in his own way*, into Northumberland. In the month of December following, a letter from him to me announced his confession, that having entirely disregarded my advice as to fatigue and care of diet, he had, after a harassing season of field sports, become so weak, and so much affected in his chest by exposure to cold, wind, and wet, that he expected to be compelled to retire from the army. A little prudence and “obedience to orders” would have led to a very different result, as proved to be the case with his female relative, who had undergone a regular course of the mineral waters at Kissingen, at the same time, under my care, and returned home in December, after one or two short and quiet excursions on the Continent, perfectly well ; in which state she continues to this day.

Switzerland and the South of Germany being close at hand, offer every opportunity for those

short and quiet excursions to which I have just alluded.

It sometimes happens, that in order to confirm the cure brought about by the Kissingen waters, the subsequent application of some other mineral water, or bath, becomes necessary. There are four classes of such additional mineral waters which I have found to be of use for the purpose above specified, and which seem to embrace pretty nearly all the kinds of disease that are likely to require additional aid from other spas after Kissingen.

These four classes are,

1. The purely tonic chalybeates.
2. The alkaline chalybeates.
3. The sulphuretted waters.
4. The thermal waters, as baths.

To the two first classes belong Bocklet, in the immediate vicinity of Kissingen ; Bruckenau, not much further ; Cannstadt, an exceedingly pretty and highly-endowed spa near Stuttgardt, in the waters of which I place great faith ; Schwalbach, rendered so famous by the old man of the Brunnen ; and, lastly, Soden, a spa in the duchy of Nassau, not far from Frankfurt, and probably one of the most remarkable watering-places in Germany, from the number, variety, and power



of its mineral springs, which are about to be made more available, through the exertions of a company of merchants and bankers at Frankfurt, to whom a long lease has been granted by the Duke of Nassau.

Soden will assume an important position among the Spas, from the embellishments and improvements of every description effected and to be effected by the company in question. Not the least of these will be the branch railway, which from the Frankfurt and Wisbaden railroad will convey the visitors to the place in a few minutes. Having been professionally engaged by the directors of the new spa to examine the sources and appliances of Soden, respecting which I made a lengthened and special report in 1844, I have no hesitation in recommending the place as one of those which will prove highly advantageous as an adjuvant to the waters of Kissingen during the Nachkur.

Of the waters containing sulphur, more or less abundantly, which the Nachkur of Kissingen sometimes has required, I may mention BOLL, in the kingdom of Würtemberg; WEILBACH, in the duchy of Nassau, and within an easy reach of the Frankfurt and Wisbaden railway; and lastly, Aix-la-Chapelle, which I need not specify more particularly.

The two former are cold waters, and that of Weilbach, effervescent into the bargain, a circumstance that renders it more agreeable to the taste than sulphuretted waters generally are.

The thermal springs to which I have had occasion to send some of the patients on leaving Kissingen for their Nachkur, are three in number, and all endowed with peculiar energy. WILDBAD, in the Black Forest, a few miles from Stuttgart, I place at the head, as one of the most effectual soothers of irritation and nervous irritability I know of in the way of mineral waters. Wildbad, thanks to the munificence of that excellent king, the father of his people, WILHELM of Würtemberg, possesses at present by far the most complete and magnificent suite of baths within a very imposing modern edifice, to be found in Germany. The establishment more resembles the great Thermæ of the Roman Cæsars, than an ordinary bath establishment at a German spa. But the peculiarity, I will say the originality, of Wildbad consists not in this alone, but in the striking fact of a mineral water at the temperature of the human body surging from the crevices of volcanic rocks through sand ; spreading over a large surface, which the skilful architect has beautifully sheltered and divided,

whereby the patients bathe in the fountain itself, and not in those miserable contrivances of wooden tubs and baignoires.

It is an additional recommendation of Wildbad, that it possesses a hotel remarkable for its architecture, grandeur, and style, not less than for its internal accommodations, and the comforts and good cheer to be found there on reasonable terms.

Instead of using Wildbad as an agent for the forwarding of the Nachkur after Kissingen, I have occasionally found it necessary to send patients to Wildbad before they proceeded to Kissingen. The very soothing effects to be obtained at the former place, seemed requisite in the cases I refer, to prepare them for the potent waters of the Ragozi.

Wisbaden and Baden-baden are also thermal springs of which I have frequently availed myself as parts of the Nachkur of Kissingen. It is absolutely necessary in certain cases, after having strengthened the principal viscera, restored the integrity of their functions, and given firmness to the solids of the body, that we should impart to the latter a certain quantity of *telluric* heat, combined with certain alkaline substances, in order to complete the cure. The KOCHBRUNNEN

of Wisbaden serves admirably for such a purpose, either taken internally or used as a bath; and under the care of an experienced, prudent, and well qualified practitioner like Dr. Swift, who has been some years settled in the place, patients from Kissingen will derive every expected benefit from this branch of the Nachkur.

Wisbaden offers another resource for forwarding the Nachkur, and that is, the facilities it possesses of supplying the proper sort of grapes for the "*cure des raisins*," one of the means frequently employed in the after-treatment of diseases. Dr. Swift assured me that the three or four sorts of eating grapes which that treatment requires, are grown in the vineyards near Wisbaden, and he proved it to be so, by procuring for patients whom I had placed under his care two or three years ago, the necessary quality and quantity of grapes.

Now, Wisbaden is a suitable place to reside in late in the autumn, being then dry and sunny, and consequently warm at that season of the year, as I can certify from a personal experience of two months. It is consequently a very proper and convenient place for patients who require the use of the grapes during those months; and it adds to the facilities of that treatment, to be told

that in the residence of the physician who is to superintend it, patients will find board and lodging, on very moderate terms, and a most agreeable society. I rejoice that Dr. Swift, in imitation of the German physicians at other spas, has adopted a plan which cannot fail to be a source of comfort and convenience to many patients.

Lastly, I may refer to the powerful efficacy of the URSPRUNG of Baden-baden, as one of the occasional elements in the Nachkur of Kissingen. After the eulogy of that far-famed spring, which I inserted in my Spas of Germany, it will not be expected that I should do more than simply mention the fact that my friend Doctor and Hofrath Guggart assured me that he has witnessed the best effects possible from the Baden-baden baths, in cases which had come under his notice and care from Kissingen. This assertion, emanating certainly from the very best authority, needs hardly any confirmation of mine ; but such as it is, I hesitate not in giving it this publicity, in order that there may be no mistake in adopting Baden-baden as a powerful adjuvant in promoting the Kissingen NACHKUR.

## CHAPTER XVII.

AND LAST.

WINTER SEJOUR ABROAD AND JOURNEY HOME-  
WARD.

Conclusion of the book—Two important questions—Winter residence abroad—South of Germany—Provence and Italy—Pau and the Pyrenees—Three categories of patients requiring a winter sejour on the Continent—The first type, dispeptic and hepatic—The second type, asthmatic, pulmonary, and arthritic—The third type, the congested and the incipient consumptive—For the first tour; Würzburg, Heidelberg, Carlsruhe, Mannheim, Wiesbaden, Gotha—For the second Montauban, Toulouse, Montpellier, Nîmes, Avignon; or Marseilles, the Hières, and Cannes—For the third; Nice, Villa Franca, Genoa, Palermo, Naples, and Rome—A perpetual summer—Return home, through Holland; by Paris. RESUME'.

MY task is ended. All that appertains to Kissingen has been told, and I might take leave

of my readers in full consciousness of having, if not fulfilled, at least endeavoured to fulfil my duty towards them, by conducting them safely through the various phases of a season at Kissingen.

But at the conclusion of that season one of two of the following questions have generally been addressed to me by English patients:—1st. Where should you recommend us to winter abroad, as you tell us we must not return home until after a second season of these waters; or, 2ndly. Which route or line of march would you suggest as the safest in our own case, and one which shall offer, at the same time, the best means of moderate recreation?

The questions are very natural, flowing, indeed, as a matter of course, from the antecedents at the spa, and rightly addressed to the medical attendant who has watched and had the management of any case. Fortunate, therefore, will it be for the inquiring invalids, if their medical attendant is in a condition to answer their questions in a satisfactory manner.

To the first question I generally reply in accordance with the observed nature of the constitution of the patient, its peculiar tendency to any specific form of the disease.



Hence I recommend a winter residence in the south of Germany to such as during the interval between two seasons of the waters, require only repose with the absence of all *tracasseries*; where they may have a purer air than is to be found in England, an equally wholesome and cheaper diet, and the means of procuring mental improvement as well as amusement.

I prescribe a *sejour* of two months in Provence or the south of France, and the rest of the winter in Italy, to all invalids who require a mild and uniform climate with sea-bathing, and a temperature considerably above the average temperature of their native air, in order that they may take exercise out of doors without risk every day or nearly so, and procure articles of food which colder regions do not supply.

Lastly, I suggest a residence of six or eight months among the Pyrenees to those patients who, besides all the favouring peculiarities of situation specified in the preceding paragraph, require the advantage of a more elastic medium to breathe in, such as can alone be found in lofty and mountainous regions.

In the first of these categories I place all dyspeptic and hepatic invalids, nervous persons of either sex, who, though free from positive

disease, yet enjoy only a feeble health ; and lastly, all patients who labour under complaints marked by an inflammatory tendency or a disposition to fulness of blood (plethora), as well as such as are tormented with irritable eruptions of the skin.

I include in the second category all invalids suffering from bronchial irritation, from asthma, from pulmonary excitement, from cough, excessive expectoration, and palpitations not dependent on diseases of the heart. I include above all in it every decided case of incipient consumption ; also of rheumatic, gouty, and renal complaints ; and, finally, every form of deranged female circulation.

Finally, I class in the third category those patients who, being affected with any one of the several pectoral diseases alluded to in the preceding paragraph, experience so much oppression when living in a dense and damp atmosphere, and aggravation of their symptoms, that even the advantage of a serene and warm sky throughout the winter is not sufficient for their relief. What would suit patients in the second category, would be totally inadequate in the case of those in the third, without a more decided degree of lightness and elasticity in the atmosphere by which they are surrounded.

Coming now from generalities to more precise directions and definitions, I begin by stating that as regards the south of Germany, many are the localities I can recommend, answering the character I have assigned as being essential to the patients in the first category.

Beginning nearest to Kissingen, it will be found that Würzburg affords a desirable *sejour*. To a well-introduced stranger the society of the place in the winter season, would be found profitable and desirable. There are capital houses to be had for the winter on easy terms, and cheap board ; amusements, libraries and public institutions ; and a moderately sheltered climate. Next are Heidelberg and Carlsruhe : Mannheim was at one time also a great rendezvous of the English during the winter. It is not so now, and one reason I can assign for it, is the prevalence of daily river fogs, besides the dulness of the town ; though very handsome houses may be had in it on very reasonable terms.

I should not recommend any invalid afraid of cold weather, to winter at Frankfurt. I should rather prefer the interior part of the city of Mayence away from the river. Wisbaden I have already mentioned as a comfortable place of residence for the autumn and early part of the

winter; but had I to choose for myself, I should prefer spending a winter at Gotha. There are all the advantages of a small and complete capital in that city, such as one is sure to find in every petty capital in Italy.

We are next to consider, what is meant by a divided winter's *sejour* in Provence and Italy, which I have assigned as the countries most appropriate for invalids in the second category.

I adopt the word *Provence* in its largest sense, as embracing a circle of climates peculiar in themselves, and I enumerate under it places which, topographically considered, do not precisely appertain to *Provence*. Such is Tours on the Loire, Montauban, and Toulouse, Montpellier, Nismes, and Avignon. "*Qu'on me vante l'Italie,*" exclaims an enthusiastic traveller, "*je repond qu'il est impossible d'y trouver des charmes plus ravissants que dans le JARDIN DE LA FRANCE, que sur les bords fortunés que la Loire caresse mollement et tout cela avec le ciel le plus pur, le climat le plus doux.*" A winter season at Tours has been often recommended to English invalids of the class alluded to in the first category. The lodgings near the *Mall* or public promenade and in the *Rue Royale*, are excellent. Living is exceedingly cheap; and

until March the temperature is just such as one can desire for the occasion.

Montpellier and Nismes have the additional advantage of proximity to the Mediterranean shores and of a healthy aspect. The climate of the former place, though much extolled by the writers of the last century, is not to be compared to that of Montauban or Nismes. The *bise* (that curse of all the littoral cities of the south of France) and the *marin*, an exceeding damp wind, are two great drawbacks from the serene sky, temperate air, and the ever-flowering vegetation that salute the stranger at Montpellier. Still I have known English families making a pleasant and salutary residence in the place for several winters in succession.

Leaning more to the eastward, and pursuing the line of coast, we find many choice spots that would offer a perfect asylum to our invalids, and then it is that we enter into Provence proper. This ancient province of France forms an *elbow* that projects further south into the Mediterranean than any of the places before mentioned, westward of it, or than those eastward, which are usually commended as very eligible winter-residences for delicate persons, viz. Cannes and Nice. The extreme point of this elbow is protected by the Isles d'Hières, themselves a favourable *sejour*;

while, on the western coast of it Marseilles rises most conspicuously, and on the east, Frejus and Cannes afford desirable shelters.

I confess I envy any invalid who can secure for the winter one of those inviting insulated villas perched in an amphitheatric form on the hills behind Marseilles. Their aspect westward is far preferable to that of the now *recherché* asylums of Cannes, which looks toward the region of the Scirocco. Still, here is an abundance of choice in Provence or the south of France, for our invalids in the second category.

But I have stated that these would be further benefited by terminating their winter in Italy. Nice, Villa-franca, and Genoa, present themselves first to our attention. Their merit over the places in Provence (though situated between fifty to seventy miles more north than the latter) is, that they are sheltered greatly by the islands of Corsica and the boot of Italy from the east wind. But they are subject to the *bise* : and the *raphales* down the maritime Alps, are so terrific at times as to prevent invalids from showing their faces out of doors. This is especially the case at Nice, the eligibility of which as a watering station for persons of delicate chest and constitution has been much exaggerated, and like Torquay in England, misrepresented ; for, according to the

late Professor Foderé, who had practised fourteen years at Nice, there prevails more catarrhal and pulmonic complaints in Nice and its territory, in proportion to its population, than in many other southern localities on the same coast.

If invalids in the second category, requiring to pass the conclusion of the winter in Italy, can afford to do so, and do not grudge or dread the long distance they will have to travel in order to return for a second season to the spa of Kissingen, they will do well to proceed at once by steamer to Palermo—a winter station far preferable, in my opinion, to Naples.

But the great secret respecting the best mode of spending a whole winter judiciously and advantageously for invalids of the class now under consideration, is to change residence as often as the ordinary temperature of the place changes; so as to anticipate that change, and thus secure a perpetual mild and warm spring weather, by passing from the extreme south point before it becomes too hot, to the next less warm locality, proceeding northwards. Thus, having remained at Palermo till the end of January, they should proceed to Naples, and there sojourn till the end of March; then go on to Rome till the end of April; embark at Civita Vecchia early in May



for Genoa ; and thence, cross over to Milan, and on to Zurich and Bâle in June, at which time even those elevated regions have a mild temperature ; next descend the Rhine, reach Frankfurt, and afterwards Kissingen by the end of the same month.

It is at PAU and other localities in the French Pyrenees that the still more delicate invalids, those in our third category, should look for shelter during the winter months, which must elapse between the first and second season of the waters at Kissingen.

On this subject the recent appearance of an able work "On the Curative Influence of the climate of Pau, and the Mineral Waters of the Pyrenees on Disease," by Alexander Taylor, M.D., dispenses me from making any observation, except for the purpose of strongly recommending to every interested party, be it a patient or a physician, a perusal of that publication. When they have done that, they will feel inclined to rely more on a residence at Pau, than on one at Nice or even at Rome, where health alone is the point of consideration. So much for the winter *sejour* abroad.

With regard to the second question as to the choice of a line of march for those of the spa

invalids who, having completed their cure at Kissingen, are returning home, I offer the choice of two routes only, the one combining ease with intellectual treats; the other fatigue rewarded afterwards by unbounded amusements. According as the patient can bear the inconvenience of the latter for the sake of what is to come after; or would rather seek for information in his travels without much personal trouble; so will he select the first or the second route.

The first, or that which combines ease with intellectual treats, is the journey through North and South Holland, where opportunities offer at almost every step of acquiring information respecting agriculture, hydraulics, engineering, commercial science, political sagacity and domestic worth, among a peculiar and perfectly insulated people. Nor will their galleries and many private collections of paintings be deemed less worthy of examination. Now, all this may be effected without any fatigue, beyond what is necessarily entailed upon the invalid, by the slightest and most easy of locomotions.

On the other hand, the second route is that which from Frankfurt, by railway direct to Strasburg, or by steam and railway direct to the French frontier, through Belgium, leads the in-

valid to Paris ;\* but neither line is to be accomplished without considerable fatigue. That fatigue, however, is crowned at last with the guerdon due to persevering travellers, a delicious halt in the capital of pleasure, soft blandishments, and luxurious living ; not forgetting much intellectual enjoyment, with a climate generally faultless in the autumn, when our spa invalid has chosen to return home through that seductive city.

In either of these two *chemins de retour*, all I have to inculcate on the invalid is, MODERATION.

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I have thus brought my slender performance to a conclusion. It would have been no difficult task to have given the subject a wider, though not a whit more important range, and to have swollen a pocket volume into a full sized octavo. Had I largely borrowed from other writers on the Kissingen waters, instead of studiously abstaining from it ; or discoursed on transcendent theories respecting their mode of action, instead of offering a simple view of their various modes of operation ; or had I again narrated one by one a number

\* This journey, from the 15th of June next, will be accomplished with much less fatigue, as on that day the Great North Railway from Paris to Lisle will be open.

of cases in each class of diseases, cured by those waters and baths, the volume would have been a much larger one; but would it have been more valuable in proportion to the reader or the invalid?

My object was, to supply a full and methodical, and I hope not a very dull guide to one of the most valuable and successful spas of the present time; a sort of manual which should direct patients in all their movements when once, by the advice of their own medical attendants or consulting physician, they have resolved to visit Kissingen: and this I trust I have accomplished.

The English reader and invalid has never had the advantage of a book of the kind, like his German fellow-sufferers, who, on the contrary, possess many. It was incumbent, therefore, on myself particularly, who first introduced the "Lion Spa" (as the late Dr. Johnson called it) to the English public, and who year after year, in my anxiety to develop in their behalf the full measure of benefit to be derived from the SOURCES AND RESOURCES of Kissingen, visit that place, to watch over my patients; it was incumbent on myself, I consider, to supply them with such a MANUAL.



Temperature.		Rakoczy. 9 deg. R. =	Pandur. 8 deg. 87 m. R. =	Soolenspring. 15 deg. 6 m. R. =	Maxspring. 8 deg. 75 m. R. =	Thiersenspring. 9 deg. R. =
Amount of gas in 16 ounces		a. Carbonic acid . b. Nitrogen . c. Oxygen .	52 deg. F. 26.25 cubic inch. Traces. 0	51 deg. F. 28.85 cubic inch. Traces. 0	67 deg. F. 30.576 cubic inch. Traces scarcely perceptible. 0	52 deg. F. 28.35 cubic inch. 0 0.05 cubic inch.
Dry residue after evaporation in 16 ounces of water . . . .		86.4158 Gr.	76.0525 Gr.	171.851030 Gr.	30.2733 Gr.	29.63 Gr.
Carbonate of Soda . Lithia . Potash . Calcium . Stronithia . Magnesia . Iron . Manganese . Sulphate of Soda . Calcium . Phosphate of Soda . Silic acid . Oxides of Aluminium . Organic extract . Chlorate of Soda . Potash . Lithia . Ammonia . Calcium . Magnium . Bromate of Soda . Magnesia . Iodate of Sodium . Magnium .	Grains.	0.8200 0.0002 0.0000 3.5500 0.0003 2.5000 0.6800 0.0003 2.0000 2.5000 0.1700 2.2500 0.1800 0.1500 62.0500 0.9100 0.0025 0.0515 0.0000 6.8500 0.0000 6.7500 0.0000 0.0000	Grains. 0.0300 0.0001 0.0000 5.8500 0.0002 1.6200 0.4500 0.0002 1.7500 0.7500 0.0500 1.5500 0.0500 0.0900 57.0000 0.2500 0.0015 0.0500 5.8500 0.0000 0.7200 0.0000 0.0008	Grains. 0.0000000 0.0000000 0.0000000 1.6512000 0.0000000 6.4128000 0.3550000 0.0008315 25.3079100 0.0000000 Traces 0.8640000 107.5152600 0.9792000 0.1920000 0.0000000 3.9936000 24.5161000 0.0000000 0.0629760 0.0000920 0.0000000	Grains. 0.3800 0.0005 0.0000 2.5900 0.0000 1.8250 0.0000 0.0000 1.8600 0.6510 0.1250 0.4650 0.0000 0.0000 18.2700 1.0020 0.0001 0.0000 0.0000 3.1020 0.0000 0.0025 0.0000 2.0002	Grains. 0.3900 0.0000 0.0500 2.0000 0.0000 2.8700 0.0000 0.0000 1.3500 0.7500 0.0000 0.5000 Traces 18.4000 0.8500 0.0000 0.0000 0.0000 2.7500 0.6700 Traces 0.0002 0.0000

## PRICE OF THE MINERAL WATERS.

Each bottle bears on the sealed cork the year of its bottling.

	Fl. kr.		Fl. kr.
{ Ragozi, per 100 stone bottles .	15 0	Ragozi, containing extra gas, per	
{ Pandur, „ 100 half ditto .	11 30	100 stone bottles .	18 0
Maxbrunnen, 100 glass bot-		Ditto, per 100 half ditto .	15 0
tlcs . . . . .	21 0	Ditto, with red seal, per 100	
Bocklet Stahlbrunnen, 100 half do.	15 0	glass ditto .	25 0
		Ditto, per 100 half ditto .	16 0

Cases or baskets and expenses of packing are charged extra.

## TARIFF PRICE OF THE BATHS.

	Kr.		Kr.
1 Pandur bath, warm . . . .	30	1 Foot bath . . . . .	9
1 Warm Soolen ditto . . . .	30	1 Warm douche ditto . . . .	46
1 Warm Soolen with Pandur ditto .	36	1 Gas bath . . . . .	15
1 Foot or knee bath of Pandur or		1 Partial ditto . . . . .	9
Soolen . . . . .	15	Drinkgeld . . . . .	6

## FARES OF COACH HIRE.

	Two horses.		Four horses.	
	Fl.	Kr.	Fl.	Kr.
To Hamelburg . . . . .	4		8	
There and back . . . . .	6		12	
Mumnerstadt . . . . .	2	42	5	24
There and back . . . . .	4	3	8	6
Neustadt . . . . .	5		10	
There and back . . . . .	6		12	
Platz . . . . .	4		8	
There and back . . . . .	6		12	
Brückenau . . . . .	7		14	
There and back . . . . .	9		18	
Poppenhausen . . . . .	2	42	5	24
Trimberg . . . . .	3		6	
Bocklet, before mid-day . . . .	5		10	
Ditto in the afternoon . . . .	3		6	
Claushof . . . . .	2	42	5	24
Cascadenthal . . . . .	2		4	
The Salines . . . . .	1	30	3	
Schweinfurt . . . . .	6		12	
Wernerck . . . . .	6		12	
Euerdorf . . . . .	2	42	5	24

## LAUNDRESS'S TARIFF.

	Kr.
Ein damenkleid ohne garnirung (gown without flounce)	18
Ein ditto mit einfacher garnirung (ditto with flounce)	24
Ein ditto mit doppelter ditto (ditto with two flounces)	30



	Kr.
Ein damenkleid mit dreifacher garnirung (gown with three flounces)	40
Ein damenrock (unterkleid) ohne garnirung (petticoat)	10
Ein ditto mit garnirung (ditto with trimming)	15
Ein wollenes damenkleid (flannel ditto)	48
Ein morgenkleid ohne garnirung (dressing-gown)	18
Ein ditto mit garnirung (ditto with trimming)	24
Ein unterrock einfach (under petticoat)	5
Ein ditto gestärkt (ditto starched)	8
Ein ditto mit garnirung (ditto with trimming)	10
Ein damenhalstuch (collars)	3
Ein ditto mit einfacher garnirung (ditto with plain trimming)	5
Ein ditto mit doppelter ditto (ditto with double trimming)	8
Ein ditto mit dreifacher ditto (ditto with three trimming)	10
Ein damenhemd glatt (shift)	5
Ein damenhemd mit einfacher garnirung (ditto with simple trimming)	8
Ein ditto mit doppelter ditto (ditto with double trimming)	12
Ein paar manschetten (pair of sleeves)	3
Eine schlafhaube kostet (nightcap)	3
Eine ditto mit garnirung (ditto with trimming)	4
Eine ditto mit doppelter ditto (ditto with double trimmings)	7
Eine ditto mit dreifacher ditto (ditto with three trimmings)	9
Eine pelerine glatt (pelerine)	8
Eine pelerine mit garnirung (ditto with trimming)	12
Eine ditto mit doppelter ditto (ditto with double trimming)	18
Ein paar strumpfe (pair of stockings)	3
Eine paar seidene strumpfe (ditto silk)	8
Ein damennachtleibchen (camisole)	6
Ein ditto mit einfacher garnirung (ditto with simple trimming)	8
Ein ditto mit doppelter ditto (ditto with double trimming)	10
Ein ditto mit dreifacher ditto (ditto with three trimmings)	12
Ein badmantel (bath gown)	9
Ein paar handschuhe (pair of gloves)	5
Ein paar damenhosen (pair of drawers)	4
Ein ditto mit einfacher garnirung (ditto with simple trimming)	6
Ein ditto mit doppelter ditto (ditto with double trimming)	8
Ein säcktuch (pockethandkerchief)	2
Ein ditto gestickt (ditto embroidered)	3
Ein ditto mit spitzen (ditto lace edges)	4
Ein seidenes säcktuch (ditto silk) foulard	4
Ein herrnhemd gefatelt (shirt with pleats)	8
Ein ditto mit chabots (ditto with frills)	10
Ein herrndachthemd (night shirt)	5
Ein hemdenkragen s. g. vatermorder (shirt collars)	2
Ein paar pantalons (pair trousers)	10
Ein ditto gestärkt (ditto starched)	11
Ein gilet (waistcoat)	6
Ein ditto gestärkt (ditto starched)	8
Ein herrnhaltuch (neckcloth)	3
Ein ditto gestärkt (ditto starched)	4
Ein paar Herrnstrumpfe (pair of stockings)	3
Ein paar seidene herrnstrumpfe kosten (ditto silk)	8
Ein paar socken (pair of socks)	2

	Kr.
Ein paar seidene socken (ditto silk)	6
Ein herrnnachtbleibchen (under waistcoat)	6
Ein paar herrnunterhosen (pair of drawers)	6
Ein bettuch (one sheet)	8
Ein ditto mit drei blatt (ditto)	4
Ein ditto mit garnirung (ditto with trimming)	12
Ein pfulben oder kopfkissenzieche pro stück (pillow case)	3
Ein ditto garnirt (ditto with trimming)	6
Ein handtuch (towel)	2
Eine serviette (napkin)	2
Eine ditto gestarkt (ditto starched)	4
Ein tisch Tuch (table cloth)	6
Ein grosses tafeltuch (ditto large)	9

## PRICE OF PROVISIONS.

Beef per lb. (rindfleisch)	11 kr.	Sugar per lb (zucker)	25 to 30 kr.
Veal „ (kalbfleisch)	10	Rice „ (reis)	16
Mutton „ (hämelfleisch)	9	Sago „ (sago)	10
Pork „ (schweinfleisch)	13½	German barley (Ulmer gerste)	12
Butter „ (butter)	18	Tea „ (thee)	3 fl. to 8 fl.
Lard „ (schmalz)	24	Wax candles „ (wachskerzen)	1 fl. to 18 kr.
Eggs per dozen (dutzendeier)	12	Stearine candles „ (stearinkerzen)	48
Young chicken (junges huhn)	24	Tallow „ (talgkerzen)	26
Trout per lb. (forellen)	1 fl. 0	Nut oil „ (feines baumöhl)	30
Pike or jack „ (hechte)	42	Salad ditto „ (salatöhl)	30
Brown bread „ (roggenbrod)	3	Olive ditto „ (olivenöhl)	48
White ditto „ (weisses brod)	4	Soap „ (seife)	18
Fancy ditto „ (luxusbrod)	12		
Coffee „ (kaffe)	43 to 48		

## HORSE PROVENDER.

1 Shäffel of oats	6 fl. 30 kr.	1 Centner of hay	1 fl. 12 kr.
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## PRICES OF FRANCONIAN WINES.

1804. Leisten	1 fl. 24 kr.	1818. Calmuth	1 fl. 24 kr.
1818. Stein	1 24	1834. Rödelseer	36
1818. Schalksberger	1 24	1834. Saalwein	30

## TABLE OF COINS.\*

GOLD.			SILVER.		
	Fl.	kr.		Fl.	kr.
English sovereigns	11	50 to 12 par	Crown thaler	2	42
20 Frances-piece	9	20 .. 9 32	5 Frances-piece	2	20
Dutch 10 fl.-piece	9	50 .. 10	Prussian thaler	1	45
Ducat	5	30 .. 5 36	A florin (coin)	0	60
Friedricksd'or	9	40 .. 9 50	Half ditto (coin)	0	30
			24, 12, 6, and 3 kr. pieces		circulate as coin.

\* Accounts are kept at Kissingen in florins and kreutzers. 1 florin = 60 kreutzers; 3 kreutzers = 1 penny English; and 36 kr. = 1 shilling.

## CHANGE TABLE,

For converting Prussian Dollars and fractions of Dollars into Florins.

Pr. Crt.		24 fl. Fuss			Pr. Crt.		24 fl. Fuss.	
Silbergrosch.		fl.	kr.	pf.	ThalerCrt.		fl.	kr.
1	equals		3	2	1	equals	1	45
2	"		7		2	"	3	30
3	"		10	2	3	"	5	15
4	"		14		4	"	7	
5	"		17	2	5	"	8	45
6	"		21		6	"	10	30
7	"		24	2	7	"	12	15
8	"		28		8	"	14	
9	"		31	2	9	"	15	45
10	"		35		10	"	17	30
11	"		38	2	11	"	19	15
12	"		42		12	"	21	
13	"		45	2	13	"	22	45
14	"		49		14	"	24	30
15	"		52	2	15	"	26	15
16	"		56		16	"	28	
17	"		59	2	17	"	29	45
18	"	1	3		18	"	31	30
19	"	1	6	2	19	"	33	15
20	"	1	10		20	"	35	
21	"	1	13	2	30	"	52	30
22	"	1	17		40	"	70	
23	"	1	20	2	50	"	87	30
24	"	1	24		60	"	105	
25	"	1	27	2	70	"	122	30
26	"	1	31		80	"	140	
27	"	1	34	2	90	"	157	30
28	"	1	38		100	"	175	
29	"	1	41	2	500	"	875	
30	or. 1 Thl	1	45		1000	"	1750	

## TABLE OF EQUIVALENTS OF DISTANCES.

German Postes.	German miles.	English miles.	German Postes.	German miles.	English miles.
Stunde or $\frac{1}{4}$	equal $\frac{1}{2}$	or 2.30	$2\frac{1}{4}$	$4\frac{1}{2}$	20.70
Post $\frac{1}{2}$	1	4.60	$2\frac{1}{2}$	5	23.00
$\frac{3}{4}$	$1\frac{1}{2}$	6.90	$2\frac{3}{4}$	$5\frac{1}{2}$	25.30
1	2	9.20	3	6	27.60
$1\frac{1}{4}$	$2\frac{1}{2}$	11.50		7	32.20
$1\frac{1}{2}$	3	13.80		8	36.80
$1\frac{3}{4}$	$3\frac{1}{2}$	16.10		9	41.40
2	4	18.40		10	46

## TABLE OF CORRESPONDENCE

Between the Reaumur and Fahrenheit Thermometers, as far as they are applicable to the contents of the present volume.

R.	F.	R.	F.	R.	F.
3.55	40	14.66	65	25.77	90
4.00	41	15.11	66	26.22	91
4.44	42	15.55	67	26.66	92
4.88	43	16.00	68	27.11	93
5.33	44	16.44	69	27.55	94
5.77	45	16.88	70	28.00	95
6.22	46	17.33	71	28.44	96
6.66	47	17.77	72	28.88	97
7.11	48	18.22	73	29.33	98
7.55	49	18.66	74	29.77	99
8.00	50	19.11	75	30.22	100
8.44	51	19.55	76	30.66	101
8.88	52	20.00	77	31.31	102
9.33	53	20.44	78	31.55	103
9.77	54	20.88	79	32.00	104
10.22	55	21.33	80	32.44	105
10.66	56	21.77	81	32.88	106
11.11	57	22.22	82	33.33	107
11.55	58	22.66	83	33.77	108
12.00	59	23.11	84	34.22	109
12.44	60	23.55	85	36.66	110
12.88	61	24.00	86	35.11	111
13.33	62	24.44	87	35.55	112
13.77	63	24.88	88	36.00	113
14.22	64	25.33	89		

## POSTING DISTANCES,

And Price of a Pair of Horses, Driver, and Chausséegeld included, from Frankfurt to Kissingen.

Name of the Relays.	Distances in Stunden.	Expense.
1. To Hanau	4	5 fl. 44 kr.
2. — Dettingen	3½	4 17
3. — Aschaffenburg	3	4 45
4. — Hain	4	5 14
5. — Lohr	6	6 42
6. — Gemunden	3½	3 46
7. — Hamelburg	6½	6 27
8. — Kissingen	5	5 46
		<div> <div>Total,</div> <div>42 fl. 41 kr.</div> <div>or,</div> <div>£3. 11s. 3d.</div> </div>

## APPENDIX II.

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In the introduction to the present volume it was stated that the recent history of Kissingen recorded three distinct attempts made to damage the reputation of that highly favoured spa, and to injure the humble individual through whose instrumentality it was brought prominently before the English public.

The parties concerned in these attempts were there pointed out, and a promise given that the details of each attempt, supported by facts, dates, and documents would be given in an appendix. I proceed now to fulfil that promise.

### A.

The first party whom I shall call before a jury of my readers is Doctor Prytherch, mentioned in the introduction. This gentleman appeared at Kissingen in 1843, with the intention of settling there; but having applied for the necessary permission from the Regency of Würzburg to that effect, and being refused on the ground that his *credentials* were not deemed sufficiently satisfactory, he quitted the place at the termination of the season, and transferred himself to Homburg. Here he met with no better luck, for I understood last year that there he was, as yet, without any legal permission from the government to practise, notwithstanding the little book of 90 pages 24mo. which he concocted and published in praise of that spa and its lessees.

In that work Dr. Prytherch contrasts Homburg and Kissingen together, as well as their respective waters. How correctly or faithfully he has executed the latter part of his work I have already abundantly shown in the course of the present volume, and shall not dwell farther on the subject. How he has performed the former part of his task will best appear from a comparison of his opinion respecting Kissingen published in 1844. (the date of the little work in question,) with that which he entertained and recorded in the preceding year.

In 1844 Dr. Prytherch deliberately asserted that Kissingen is imbedded in a morass, flanked by marshes, enveloped by miasmata, which affect life so that all those residents who can afford it leave the place during the autumn and spring; that it has no frequented promenades, that the Kur-garden is so bad that "a conscientious parochial medical officer would condemn it as unfit for the playground of a union workhouse." (vide pp. 16, 17, 18.)

He, as deliberately, states that Kissingen abounds in impositions of all sorts, enumerates certain of them, and among others, the so-called *Lanternen-geld*, which he calls "a great exaction," pp. 26, 27, 28, (which "great exaction" (let me remind my readers, between parentheses,) consists, as I have shown elsewhere, of fourpence a-head for the whole season!)

Again, at page 32, Dr. Prytherch declares that it would be well if the Lessees at Kissingen would take a lesson from the spirited and *liberal* Lessees of Homburg, and like them strive "to promote at once the comforts and amusements of the invalids and visitors." From which we must infer that Messrs. Bolzano, the lessees at Kissingen, do not strive to promote, &c as Messrs. Blanc do. The same writer also actually states that one of the mineral waters at Kissingen, the Maxbrunnen to wit, has totally changed its character of late, and that he was the first to detect the sad and injurious difference. (p. 58.) He writes sneeringly of the eighteen ingredients in the Ragozi, and smiles at the doctors who attribute wonderful cures to that spring; (p. 48;) while at p. 64 he condemns another water, the Soolen, as being "rich in that deadly gas, carbonic acid."

As to the route leading to Kissingen, we have the same author averring (at p. 27), that "the way is long and dreary, and the roads such as they were three centuries ago in England;" and in alluding to the *trajet* by steamers on the Main, (p. 22,) his opinion is expressed thus, that "it is tedious and expensive with a greater outlay of vexation and annoyance."

In fact, there is not a single topic this learned writer has touched upon concerning Kissingen spa which he has not turned into a subject of ridicule, satire, obloquy, and intended detriment to the place. My readers, indeed, will not have failed to come to that conclusion from the perusal of even the few quotations and allusions here given, though they form the tithe only of what Dr. Prytherch has actually contrived to condense in his diminutive pocket volume on Homburg and Kissingen, written in 1844.

Now this same Dr. Prytherch, during his residence of more than six months at Kissingen in the previous year, while sweet hope still lingered in his heart that permission would be granted to him to practise in the place, unsolicited by any one, and spontaneously presented to the lessees Messrs. Bolzano, and advised them to insert in Galignani's Messenger the following advertisement.

#### THE BATHS OF KISSINGEN AND BOCKLET.

"The vast number of visitors who frequent these baths at the suggestion of medical gentlemen, both European and American, has induced his Majesty the King of Bavaria and the inhabitants, to effect great improvements in the town of Kissingen since the last season, which cannot fail materially to add to the comforts of its numerous visitors and to the efficacy of the waters.

"Kissingen and Bocklet possess a greater variety and richer composed waters than any other springs in Germany, which, together with the unwearied exertions of the lessee, Messrs. Bolzano, to promote enjoyments so necessary to the invalid, greatly contributes to the benefits of the waters, at the same time rendering a séjour in the convenient and beautiful little town of Kissingen delightful and pleasant.

"Professor Kastner has recently had these waters submitted for his examination. This analysis has been so frequently copied into works and published in all languages that it is sufficient here to remark, that at Kissingen, waters may be selected which contain bromine, iodine, iron, manganese, magnesia, potassa, soda and strontia, &c, in many proportions and in combination with many substances. Here the physician can select from seven different and distinct springs, a number which no other bath can afford, added to which the carbonic and muriatic acid baths would alone be sufficient to make Kissingen a celebrated '*sanatorium*.'

"Kissingen possesses yet another great superiority over all other con-

tinental spas,—though this is a negative one, still it must bias in the selection of a bath, where ladies form a part of the family;—Kissingen is exempt from that unsightly and lamentable affliction the ‘Goitre,’ which is the great bane of Baden-baden in particular, and to be found more or less in all other spas, but here unknown and not to be dreaded.

“The journey from England to Kissingen is now rendered interesting and devoid of fatigue to the invalid, there being daily steamboats on the Main in connection with those on the Rhine from Mayence to Gemunden, which is within a short distance, and the road from whence to Kissingen is extremely beautiful, this part of the journey is performed in ——— hours.” (! !)

For the honour of that profession to which it is presumed the author of these two very distinct performances belongs, as he assumes the initials of M.D.; for the credit of authors in general; and for the sake of honesty among men, I felt reluctant to believe in the extent and grossness of such a mystification of the public as those performances, contrasted together, manifestly show the intention to perpetrate. I deemed it impossible that the man who could in 1843, pen (even with all its faults of grammar and syntax) such a manifesto in praise of Kissingen as we have just read, should, only a few months afterwards, deliberately send into the world the *tirades* against that same spa, a few only of which I have before quoted. But all doubt vanished when the original MS. in the veritable handwriting of Dr. Prytherch was exhibited to me by Mr. Reuter, the representative of Messrs. Bolzano, in whose hands it remains for the inspection of the curious!

So much for the first attempt to injure Kissingen. In reference to the contents generally of this singular production, I mean Dr. Prytherch’s little book, as they concern medical science and practice, descriptions of things and places, or alleged facts, or lastly, myself,—it is not easy to say which are more numerous, the words or the misrepresentations in the volume.

## B.

To the same year of 1843 belongs the brief narrative of the second attempt made to injure the advocate of Kissingen spa, an attempt which my readers will consider to be tolerably discreditable to the party concerned.

While at Kissingen in the year in question, and in the midst of incessant occupations, an English officer of high rank then under my care, and one who has honoured me with his confidence and friendship for the space of twenty-five years, came to me one day and mentioned a report which he stated had been industriously spread in the place, supposed to proceed from Frankfurt, “that I had been refused the sum of five hundred pounds by the proprietors of the waters at Homburg, which I had demanded as the price for writing and publishing a panegyric of those waters.” My friend, naturally annoyed at such a calumny, deemed it a duty he owed me to refer, to it in order to enable me instantly to repel the charge.

Under his immediate inspection I wrote, sealed, and despatched by the post, the following letter to Messrs. Blanc of Homburg, the proprietors in question.

“*Kurhaus, Bad-Kissingen.*

*Le 29 Juin 1843.*

“Messieurs,

“Il m’est pénible d’être obligé, aussitôt après mon arrivée ici, de vous adresser à l’égard d’un certain propos répandu parmi quelques individus qui se trouvent dans ce moment ici, et qui auraient appris les même propos à Frankfurt par lequel on pretend que vous m’auriez refusé la somme de cinq cent livres sterling que je vous aurais demandées pour écrire et publier les éloges des eaux de Homburg.



Vous devez sentir, messieurs, tout ce qu'il-y-a d'odieux et d'injuste dans une telle accusation, l'effet seul d'une malveillance dont je vous crois incapables.

Vous voudrez donc bien, Messieurs, me fournir les moyens par une réponse prompte et catégorique, de donner le dementi le plus direct et éclatant à une telle calomnie, qui ne peut avoir eu son origine que parmi ceux dont le desir serait celui d'exciter l'inimitié entre les propriétaires des eaux de Homburg et

“ V<sup>otre</sup> très humble serviteur,  
“ A. B. Granville, M.D.”

Messrs. Blanc Frères, à Homburg.

By return of post the following reply was received, dated,  
*Homburg, le 3 Juillet, 1843.*

Monsieur le Docteur,

“ Les propos que vous me dites avoir été tenus à Frankfort, et à Kissingen vous concernant, n'ont point été tenus par nous comme vous pouvez bien le supposer, et au besoin nous donnerons le dementi le plus formel aux personnes qui chercheraient à vous nuire.

Ainsi nous certifions que jamais le Docteur Granville nous a demandé cinquante livres St. pour écrire sur les eaux de Homburg et que pas conséquent nous ne pouvons avoir refusée cette somme qui ne nous a point été demandée &c.

“ Agreez, Monsieur le Docteur, l'assurance de nôtre consideration distinguée.

Signed.                      Blanc Frères.

This reply I forwarded to my friend at Munich, who of course used it in refutation of the calumnious report in question.

Still the inventor of the calumny, though suspected, could not be identified until last year, when the same report having been revived at Kissingen in consequence of another of my patients mentioning it to my friend already alluded to, the latter obtained from him the immediate and candid avowal, that while consulting Sir Alexander Downie at Frankfurt on his way to Kissingen, to place himself under my care, that physician had told him that I had asked and had been refused the sum in question from the proprietors of the Homburg spa.

My friend, of course, immediately quoted those gentlemen's letter of 1843 to me, which he had himself seen, and found no difficulty in removing any unfavourable impression Sir Alexander's assertion might have produced on the mind of my patient.

But my friend was not equally successful in making the calumniator himself sensible of the dishonesty of his proceeding. Having called upon him at Frankfurt when on his return to England, and remonstrated with him on the monstrous impropriety of a physician uttering such a charge to a patient in consultation, against another physician under whose care that patient had declared that he was going to place himself, and having pointed out, moreover, the gross injustice of the charge for which Sir Alexander could not produce a tittle of evidence, that gentleman simply declared in reply, that as I held in my possession so complete an exculpation of the charge from the Messrs. Blanc themselves, I ought to be satisfied, and he should not trouble himself about contradicting the report as my friend had suggested, and told Sir Alexander he was in honour and justice bound to do.

To the ignominy then of such a finale I may leave the calumniator; and whether he contradicts the report he himself was the acknowledged means of propagating, or not, now that he knows it to be false, this single

hint I will take the liberty of giving him, viz, that any repetition by him of the said report, well authenticated, as it was on the last occasion, will as surely expose him to some trouble among the gentlemen of the long robe.

## C.

Come we now to the third and last attempt to injure both Kissingen and its advocate.

This appeared in the shape of a paragraph contained in a work on Kissingen, published in 1844, though dated 1845, by a German physician, Dr. Wetzler, who had tried hard for two or three years to settle in practice at Kissingen but could get none, and went, like Dr. Prytherch, in great dudgeon to Homburg, that refuge it seems of all disappointed practitioners.

As I am not master of the German language, and as the book has had hardly any sale, it is probable that I might never have heard of the paragraph in question; but my attention having been called to it by one of the most respectable teachers of the German language in Kissingen and Munich, who assured me that the statement contained in the paragraph alluded to having been quoted in one or two German papers in their review of Dr. Wetzler's book, would necessarily be read, and to a certain degree reflect on the individual therein attacked; I determined on immediately obtaining a refutation of the erroneous statement, the principal part of which, translated from the German, is as follows:—

“In the spring of 1841 the renowned English physician, Dr. Granville, whose writings were thought to be the cause, that for the last two or three years a greater number of English visited Kissingen, was invited by the administration of the wells to come to Kissingen for the season, and a considerable sum of money was offered to him for travelling, as well as free board and lodging for himself and family should he wish to bring it with him; in the sure expectation that there would come with him an army of English. He came indeed, but accompanied only by his family. It was reported that the town of Kissingen wished to make him a present. After long transactions they agreed to give him a silver cup. As he got knowledge of that, he let them know that he had plenty of cups and preferred, therefore, a gold snuffbox with 100 ducats, and his will was fulfilled.”

Accordingly, on the 3rd of September 1844, I addressed the following letter in French to the representative of Messrs. Bolzano, Herr Adolphe Reuter, who is quite master of that language.

*Kurhaus, Kissingen,*

*le 3 Septembre, 1844.*

Monsieur,  
Dans un écrit récemment publié à Würzburg par Johannes Wetzler sous la date de 1845 et intitulé “Kissingen, seine heilquellen, und anstalten,” &c., on lit aux pages 75 et 76 ce qui suit.

“Im Frühjahr 1841 ward der bekannte Englische arzt Herr Dr. Granville” &c., avec le reste du passage que vous verrez en entier dans la feuille imprimée ci accluse.

Si Monsieur Wetzler, dans son désir tout naturel de vouloir me nuire dans l'opinion du petit nombre des lecteurs que son opuscule pourrait avoir, se fut contenté de dire, (comme il a fait dans une note à la page 75, No. 2,) que je n'ai pas de pratique, et encore moins de renommée à Londres, et que l'ouvrage du Dr. Johnson (plagiat du mien, et en même tems hostile aux eaux et aux medecins de l'Allemagne) est plus solide que mon ouvrage sur le même sujet, qui est bien antérieur et tout à fait original, je ne me serais pas donné la peine de relever de telles absurdités.

Mais quand ce Monsieur pretend avancer avec une effronterie toute re-

marcable des propositions de son invention, qu'il donne cependant, comme des faits accomplis, afin de me dénigrer vis-à-vis ses lecteurs Allemands, en citant à son appui l'administration des eaux de Kissingen, à la tête de la quelle vous vous trouvez ; il est de mon devoir de démontrer, sans perte de tems au publique Allemand toute la fausseté des assertions de Monsieur Wetzler, en me referant à vous-même pour les démentir.

Je le fais d'autant plus, que c'est vous-même qui le premier, m'annonçâtes à mon arrivée à Kissingen en 1841, l'intention qu'avaient les autorités de cette ville de me donner, sans aucune sollicitation de ma part et sans aucune condition quelconque, un diner de reception, au quel on devait me presenter en même tems une tabatière en or avec 50 Frederics d'or, comme un temoignage de reconnaissance pour le benefice, qui était résulté au pays, de la publication de mon ouvrage sur les eaux de Kissingen, jusqu'alors tout a fait inconnues en Angleterre.

En consequence je dois vous prier Monsieur, de me donner une declaration par écrit, tout a fait explicite sur toutes les matières traitées dans le passage précité du docteur Wetzler, et que j'ai soulignées, et telle que la verité et vos sentimens de justice vous dicteront.

Vous pourrez m'expedier votre reponse en Allemand, puisque je compte m'en servir pour rebuter cette attaque de Johannes Wetzler, si peu meritée par

Votre très humble serviteur,  
Le Docteur GRANVILLE.

Translation of M. Reuter's reply to the preceding letter (from the German).

To A. B. Granville, Esq., M.D., Knight of the order of St. Michael, &c. &c.

Honoured Sir,

I had the honour of receiving your esteemed letter of the 3rd of this month, to which I unhesitatingly reply, that I was not only amazed at the impudent and false imputations contained in the pamphlet on Kissingen alluded to, (Würzburg, 1845, part first, appendix, pp 75, 76,) but felt also quite indignant at the *animus* and spiteful intention of the author of those imputations.

It is a subject of deepest regret to me that Dr. Wetzler, who had formerly acquired distinction and public estimation by his writings on mineral waters, should have forfeited the credit due to him for his former labours by the wanton and unmerited attack on yourself, and that he should have terminated his balneographic efforts by descending into the arena of personal invectives, he having in the same manner attacked the Privy Medical Counsellor, Dr. Schneider (a man highly esteemed in the literary world) and his work on baths, which Dr. Wetzler has stigmatized as a book replete with exaggerated facts, probably because in mentioning the names of the physicians practising at Kissingen Dr. Schneider forgot that of Dr. Wetzler !

How Dr. Wetzler could have invented such calumnies and false allegations against you, honoured sir, as I find in his pamphlet, is perfectly inconceivable to me. But agreeably to your demand I declare with pleasure that in the reported story of the silver cup and 100 ducats there is not one word of truth, but rather a complete disfiguration of facts, to account for which we must suppose Dr. Wetzler to have been misled by the mendacious and jealous babbling of others, as he himself was not present at Kissingen at the epoch in question.

The true fact is, that the lessee of the mineral waters of Kissingen, the brothers Bolzano having earnestly invited and solicited you, honoured

Dr. Granville, to come hither to judge from personal experience and observations of the character and virtues of the Kissingen waters, in order that you might be convinced of their efficacy and excellent action in the numerous forms of disease to which they are applied; you did so, and were thereby enabled to include in your large work on the mineral springs in Germany your admirable article on the Kissingen waters.

When, therefore, it became known that you would again visit Kissingen in 1841, your arrival spread universal gladness in the place, and it was determined to arrange a fête in your honour in the loggia of the new conversation Saal, at which fête the royal chamberlain and governor of the spa, Baron de Rotenham, presided, and all the physicians then present in Kissingen, as well as the notabilities of the place, and several illustrious English visitors attended, to give you a friendly welcome.

Your merits having already been acknowledged most graciously by his majesty the King of Bavaria, by conferring on you the order of St. Michael, it was deemed best to present you with a gold snuff-box containing 50 Frederics d'or (a fact made known afterwards by all the journals in Germany and England) as a small compensation of the sacrifice you must have made in temporarily leaving your medical practice in London in order to visit Kissingen, and for your travelling expenses.

This is the sole and true fact so basely disfigured by Dr. Wetzler, and by him published in his pamphlet for 1845, in so mean and unworthy a manner.

I authorize you, honoured sir, for the restoration of truth, to make the necessary use of this explanation, and I remain, honoured sir,

Your very devoted servant,

ADOLPH REUTER.

*Kissingen, September 4th, 1844.*

#### D.

The same eventful year of 1843 ushers in to our notice another charge against the author of the present volume; being no less than that of having tried to oppose the settlement of another physician from England at Kissingen.

In the introduction, as well as the fourth chapter of this volume, (page 112,) I alluded to this charge, and stated that I should be able to show, in this part of the appendix, from papers in my possession, by what steps Dr. Travis, of New Malton, the physician referred to, first endeavoured to settle there as a practitioner in 1843, and what must have been his qualifications at the time for such an office, as regards a knowledge of the waters of Kissingen, or, indeed, of the spas of Germany in general.

On the last mentioned occasion Dr. Travis strove to interest certain of the English visitors on the spot in his behalf, by getting them to sign a petition to the Bavarian Government declaring that his settling at Kissingen would be for the benefit of the English, and soliciting, accordingly, the necessary permission for him to practise: he, in the meantime, (1843,) being actually trying to practise, in the place without any such permission.\*

I stated, moreover, in chapter fourth, page 112, that this curious little episode in the history of medical practice at Kissingen would prove

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\* In a small pamphlet on Kissingen, since published by Dr. Travis, I find him speaking "of his own experience of several seasons." The correspondence will show how far that is correct. His permission dates from 1845.

rather amusing and worth perusal. I shall, therefore, let Dr. Travis have the merit of telling it in his own words. His correspondence with me, from 1839 to 1842 will supply the materials, and that I give without hesitation, simply suppressing such facts in his letters as refer to cases of patients.

By attentively perusing the said correspondence, the intelligent readers will not fail to notice the progressive manner in which the writer has kept steadily in view the object he had evidently long before determined to carry, whether by means consistent with the received notions of fair dealing or otherwise, *n'importe*; and they will be able to see how far he was qualified or not for the thing he aimed at. They will then be in a condition to answer to themselves the following queries:—

Under the circumstances detailed in Dr. Travis' letters would they have acted as he has done?

Considering the expressions of gratitude for favours received and of deference for acknowledged professional deserts contained in these letters, would they have anticipated on the part of the writer a subsequent deliberate competition with, still less, any hostile proceedings against the person so written to?

What would they conclude the qualifications of the writer of these same letters for the office of spa-physician at Kissingen to have been at the time he first tried to take up his abode in the place as such without permission—considering what he himself states of his total ignorance of the virtues of its waters in his letter of 1840, and how he acted towards his patient in 1842, one year only before he assumed the task of advising others in the use of those waters?

Had the charge alluded to at the head of this article been founded on truth, it might be thought that enough has been herewith set forth to justify it. But I deny the charge *in toto*; since neither in word nor deed did I interfere to prevent Dr. Travis from obtaining the legal permission to practise, which he did at length obtain last year; and if I dwell thus upon the circumstances of the case, it is for the purpose of exposing the incorrect notions respecting it which have been bandied about in Kissingen for the last two seasons.

The only other prefatory remark I shall permit myself to make before I introduce Dr. Travis' letters is, that with him I had had no personal or other acquaintance whatever, when he first did me the honour of addressing himself to me professionally in 1838, and consulted me respecting a patient in whom he felt a great interest. It is to that case that the first of the following letters alludes in the beginning. To these letters I invariably sent an immediate answer, agreeably to my usual practice—the *precis* of which, when I do not take a copy of the whole answer, I generally write in red ink at the top of the letter received. I am glad I adhered to my old practice in the present instance, as I am thus enabled to throw a little more light on the history of this curious episode, as developed by the following correspondence and remarks.

#### LETTER I.

Malton, Yorkshire,  
26th June, 1839.

DEAR SIR,

The patient about whom you may possibly remember that I consulted you last year derived so much benefit from Kissingen that I think he will be induced to visit it again; and I am much inclined, by way of two or three months' relaxation, after near fifteen years of practice myself, to pay a visit to the German spas once more, both with a view to professional improvement and also to health.



I have therefore taken the great liberty to apply to you under the circumstances; and if you will kindly afford me a little of your *valuable advice and assistance*, I shall feel *very much indebted*.

I have thought it quite possible that some invalid or family might on going abroad be desirous of securing the assistance of an English travelling physician; and I should be most happy to make my services available to any such party, having formerly lived a good deal abroad.

It has also occurred to me to inquire of you how far you think it would answer the purpose (*in the way of practice*) for an English physician to spend the summer months at some one of the more remote spas,\* as *Kissingen or Wildbad*.

I am aware it would be greatly to the advantage of such person to have the *sanction and approval of your name*; but if you have not already any friend or protégé on the spot, (*in which case I should certainly abandon the idea entirely*,†) I might possibly, through the intercession of Mr. Guthrie, Sir Charles Clarke, or some other medical or non-medical mutual acquaintance, be enabled to interest you in my behalf.

Be that as it may, I have taken the liberty to apply to you, and my apologies are due accordingly. If from your various avocations and numerous demands on your time, you can kindly spare me a few minutes in reply to my inquiries, I shall feel myself very greatly your debtor, and at any rate beg to subscribe myself, with great respect,

Yours, very faithfully,

N. A. TRAVIS, M D.

REMARKS.—This first letter, as a contrast to the whole proceedings of the writer subsequently to 1842, is rich and interesting. The passages printed in italics have been marked thus by myself in all the letters. My reply, dated the 30th of June, recommended Wildbad for his summer residence, as there was no English physician there, and I held that bath in high estimation. I also stated, that as to Kissingen, I was already settled there myself, and intended to continue to make it my summer residence. The other and nearer spas were all occupied by English medical men, except Aix-la-chapelle.

#### LETTER II.

Malton, 2d July, 1839.

DEAR SIR,

I have only opportunity by to-night's mail to acknowledge very briefly your kind letter just received, but I beg to express to you *how much I feel your kindness* in bestowing your valuable time upon me, and in having *so very promptly replied* to my former letter.

I was a good deal prepared to expect what you tell me in reference to the more frequented of the German spas; but as *the consideration of health*‡ is in some degree mixed up with my project, I should not object to taking up my position at *one of the less favourable ones*, if there had been sufficient inducement, and with a view to a return there another summer.

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\* "Remote spas!" The writer evidently was unaware then of the topography of Kissingen and Wildbad.

† These italics were the writer's own. How well their meaning tallies with the proceedings of 1842 and 43!

‡ If consideration of health dictated the wish, it is singular (especially in a medical man) that *any* locality and *any* spa, as Aix-la-Chapelle, Baden-baden, Wisbaden, Kissingen, Wildbad, Kreuznach, each so different, or even Italy, should be considered acceptable.

Should an opportunity, however, occur of escorting an invalid or family on a journey of the kind, I should prefer it, and I shall feel particularly obliged *if you will kindly bear me in mind.*

I am particularly desirous of something of the kind this summer, having felt the weather a good deal this spring. I am really at a loss how to *apologize sufficiently for thus trying to interest you in behalf of a perfect stranger*; but to say the truth, I feel satisfied that *from the attention your book on the spas of Germany has attracted, you are more likely to be able to assist me in my project than any one else to whom I could apply*; and the kind readiness you have evinced to do so has encouraged me to trouble you with this second letter. Believe me, dear Sir, your much obliged,

N. A. TRAVIS.

LETTER III.

Malton, Yorkshire,  
15th March, 1840.

DEAR SIR,

I beg to submit the following case for your perusal, and shall feel much obliged for your opinion upon it.

(Here follows a very long and interesting case of female disease submitted for my consideration in reference especially to the propriety of adopting a treatment by mineral waters, as every medical treatment had hitherto failed.) The letter concludes thus:—

Will you pardon me for having occupied so much of your time in detailing these symptoms, and be kind enough to let me have your opinion as to which of the German spas you would recommend, and what is the earliest period at which the patient might go with any likelihood of advantage in point of climate, also the duration of the stay, and any other directions.

*I have been forcibly struck in your excellent work by the applicability of either Kissingen or the Ursprung at Baden or Wisbaden, though I should fear the latter would be too exciting, as there is certainly considerable tenderness in the region of the liver.*

I am most anxious also by-and-by to see your opinions on our own mineral waters. In the meantime I shall be disposed to forward any suggestions you may give me in reference to this very tedious case, and remain with great respect, yours very faithfully,

N. A. TRAVIS.

REMARKS.—I answered this letter on the 18th March at full length, giving him a detailed opinion of the different symptoms of the case, of which I had seen many examples in my practice, and concluded by suggesting a course of the soothing baths at Wildbad, with the waters and baths of Kissingen afterwards. How the writer could, in a case which, after reading my work on the spas, suggested to him the applicability of Kissingen for his treatment, couple in his mind Baden-baden or Wisbaden as vicarious agents, passes my understanding. No three spas can be more opposed to each other.

LETTER IV.

Malton, (no date,) March, 1840.

Many thanks, my dear Sir, for your letter of last night.

You have described Miss ——s' case as accurately as if you had seen her.

If she should go to Germany I shall certainly accompany her, and see her settled there; and, should circumstances induce me, I shall make arrangements to stay the whole summer; so that I shall feel much



*indebted for your good offices if you have occasion to send any patients to Wildbad or Kissingen who may like to see an English physician, if you will mention my name to them.*

I will (shall) also feel much obliged if you will tell me *how far in your experience (at the present age of the patient) you have found the ultimate result to be beneficial, and whether or not any temporary benefit derived during the summer from the bathing and waters would be likely to be rendered more permanent by going farther south in the autumn, and spending the ensuing winter in Italy.*

Touching "the Spas of England"—I take, honestly, very little interest or curiosity in relation to the New Malton water. It is to your forthcoming volume generally that my remark had reference.

Most heartily wishing that work every success, believe me, dear Sir, very faithfully yours,

N. A. TRAVIS.

P S—I should of course, on my arrival at Wildbad and Kissingen, pay my respects to the medical authorities, and *endeavour, in the first instance, to make myself thoroughly acquainted with the effects and exhibition of the waters.*

It would have suited my purpose better if it had been likely to be of equal benefit to the patient to spend the summer at the same place, and perhaps *Kissingen, from being already more known (THROUGH YOURSELF) to the English, would hold out more inducement.*

Will you very kindly spare me five minutes to say what you think of it?

I have not been in London since our correspondence last year, or should have done myself the pleasure to pay my respects to you.

N. A. T.

REMARKS.—I answered this on the 25th of March, 1846. I adhered to my former opinion that the summer should, for the benefit of his patient, be divided between Wildbad and Kissingen, (my advice having been required on behalf of the patient, and not of the physician.) Whether I again reminded him of what I had told him in the previous year, that I was myself in the habit of spending some weeks in the season at Kissingen professionally, for the purpose of working out and developing that valuable spa in behalf of English invalids, does not appear from my precis; but I concluded by suggesting that the patient should pass the winter at Nice, where he might himself find it his interest to settle for the season, as there was an opening in the medical world there just then, and I would recommend patients to him—a promise I kept, when a year after he actually adopted my suggestion, and went to take up his winter quarters at Nice, abandoning altogether New Malton in Yorkshire.

#### LETTER V.

Malton, 15th April, 1840.

DEAR SIR,

I beg once more to occupy a little of your valuable time by submitting for your opinion the case of a patient and friend of mine.

(The contents of the principal part of this letter being strictly professional, are omitted.)

Our present plan is to start the last week in May, so as to reach Wildbad early in June; but I should not object to hasten or delay my journey a little, if by so doing I could take charge of any patient or family requiring such assistance.

I very much wish Baden-baden or Wisbaden had been considered equally advantageous in ———s' case.

Believe me, dear Sir, very faithfully yours,

N. A. TRAVIS.

REMARKS.—This was replied to on the 25th of April, when I recommended Wildbad first and Teplitz next for his patient, who was also to drink the Seidschutz water as a gentle aperient. On the subject of his wishes, as distinct from the requirements of his patients, I believe I said nothing, but promised to recommend him, should any invalid or family desire the aid of a travelling physician.

LETTER VI.

*Malton, 29th April, 1840.*

DEAR SIR,

A professional absence from home of a single night has prevented my receiving until this morning your kind letter, which, though dated inside the 25th, is stamped outside, I see, the 27th.

I lose not a moment in attending to your request, and feel very much obliged for the kind way in which you offer to mention my name in connexion with the mineral spring here. It is only fair to say, that I never *tried the water with any chemical test*; but the general account of it, which I give you on the other side, is quite correct as far as it goes. I have not often prescribed the Malton water. If I had had a little more notice, I would have endeavoured to send you something more definite. Such, however, as the account is, I feel happy in being able to contribute it, however small, towards a work which I feel assured will be a valuable one, and, moreover, one that was much wanted.

Believe me, &c., your very faithful and obliged,

N. A. TRAVIS.

Many thanks for your letter on Mrs. ———'s case, just received.

REMARKS.—The above letter was an answer to one of mine, by which I had requested him to supply me with any useful information he might possess on the mineral waters of Malton—the very place he resided and practised in. Late in the autumn of 1839, and early in the winter of 1840, I had travelled all over the north of England to collect materials for the first volume of my work on “the Spas of England, in three volumes,” which appeared by itself late in 1840, under the title of “Northern Spas.” In the course of my excursions I had visited New Malton for the purpose of seeing a sulphur mineral spring in the place, and had inquired for my correspondent, who was unfortunately absent. Wishing still to have the benefit of his opinion regarding the spring in question, I applied to him by a letter which elicited the above reply, and brought the very negative information alluded to in Dr. Travis' letter, by which I learned that, though anxious to go to and practise with foreign mineral springs, he had not considered it worth his while to make himself acquainted with the mineral spring of the place he had practised in “nearly fifteen years.”

LETTER VII.

*Malton, 19th May, 1840.*

DEAR SIR,

I venture to trouble you with one line, in case you can inform me

(from any of the visitors to Wildbad last summer) the best road to take. I had hoped to make this inquiry in person on our way through London, when I could have more fully consulted with you on ——s' case; but to spare time and the fatigue of two or three hundred miles additional travelling, we embark at Hull (as last year) for Rotterdam.

Your other patient and party took the same line and set out a week ago.

Pray pardon me these details, and believe me, &c.,

N. A. TRAVIS.

In the event of anything occurring to shorten the latter part of ——s' course of the water, viz. at Kissingen, have you any opinion on her return to England of her using the artificial water prepared by Struve, who I see in his prospectus refers to your name as an authority? I mean, of course, only in continuation of the course commenced in Germany.

REMARKS.—Answered 21st May. I gave the required information, and approved of his patient taking, on her return to England, the artificial Ragozi prepared at Brighton.

#### LETTER VIII.

Malton, 25th May, 1841.

DEAR SIR,

As the season approaches I venture to trouble you once again with a line of inquiry whether you have had *any request on the subject of a travelling physician*, or whether you could point out any of the more frequented watering places where, from circumstances, the *séjour* during the season of an English practitioner, properly introduced, would be likely to find it answer his purpose.

I am aware of the great mutability of fashion in these matters; and though the salutary powers of these places do not diminish or increase, we know that every year or two brings some new place of resort into vogue, or restores some old one to its lost position.

How far do you think *Aix-la-Chapelle* or *Kreuznach* would hold out any inducement?

I am of course fully aware how much *your valued name* would do for any aspirant.

If I do not ask too much of your valuable time, will you kindly give me a line on these matters. *For various reasons I much prefer the continental spas*, though I am very desirous to see your second volume of the English Spas.

Believe me, &c.,

N. A. TRAVIS.

I some time ago heard a flying rumour that Harrogate was to have the advantage of your presence as a practitioner during the season. Pray tell me if such is the case, as I am frequently in the habit of recommending patients to Harrogate, and my friend Mr. Richardson has left the place entirely.

REMARKS.—This was answered on the 28th of May. Aix-la-Chapelle as I had two years before mentioned to him, I thought a likely place to

suit him, there being no English physician resident there. At the same time, it was to be recollected that the Prussian laws are very strict with regard to alien medical men practising in the country. As regards the rumour he alluded to, I admitted that when I found, while at Harrogate in 1839, how much might be done with that powerful water in a variety of diseases, which had certainly not been done, I had conceived some idea of spending two summer months at that spa, which idea, however, I had completely abandoned, as I told him before, for a residence at Kissingen. Indeed I could not do otherwise after receiving the very pressing invitations I did from the authorities at Kissingen to spend the summer there; and considering the earnest wishes of many of the English patients, then beginning to frequent Kissingen, that I would spend there the two months which London physicians often pass as a holiday out of town.

## LETTER IX.

Genoa, 19th March, 1842.

MY DEAR SIR,

When I parted with you last August it was my intention to return to Aix-la-Chapelle for the ensuing season; but among other patients under my care during the winter at Nice were ——— and her husband; and I made an engagement at the end of the season to accompany them in a tour of some months, and at the proper season of the year to go with them to Kissingen, where some foreign physician wished her to go last year.

My object in writing to you thus early upon the subject is, to ask if you can give me any introduction at Munich that would be useful, as we shall probably pass through that city in our way to Kissingen; and also lest you should be consulted by any other practitioner as to the eligibility of going to Kissingen; as I would fain calculate on your good offices in giving any of your patients letters to me whom you may have occasion to send to Kissingen this summer.

I have less hesitation in applying to you in this instance, because of your friendly interest on former occasions, and as I know you are yourself to be at Harrogate.

Address any letter for me to ———, by whom they will be duly forwarded, &c.

Very faithfully yours,

N. A. TRAVIS.

REMARKS.—This, though the last and the shortest, is by no means the least important of the whole series of letters. The reader will have noticed how adroitly and perseveringly the writer of that series is working out his long-cherished intention of finally taking possession of the field at Kissingen, and that with a view of not appearing to do it *unhandsomely*, as the common phrase is: he, *Monsieur Tonson* like, keeps vibrating in the ears of his correspondent the same note, viz., that he understands the said correspondent means to reside in the summer at Harrogate, although that notion was, both in 1840 and 1841, exploded and demolished in his correspondent's answers.

But though my readers cannot fail to perceive all this in the preceding correspondence, and can form their right opinion of the writer accordingly, it will not be amiss to help them a little more in forming that opinion, by giving a brief statement of certain events, which will fill up a few

chasms left by the correspondence, and thus complete the narrative of the curious episode I have laid before them.

The meeting at Aix-la-Chapelle late in August 1841, alluded to at the beginning of the ninth letter, took place under circumstances which must have made the recollection of it tolerably vivid to both of us. I was returning from Kissingen with part of my family, where I had as usual spent some weeks, when I found that Dr. Travis, who, according to my advice, had that season tried to establish himself at Aix-la-Chapelle, (for which purpose I had furnished him with introductions to a native physician or two,) had fallen ill there and was just only then recovering. We had of course some conversation together on his health and his projects, which were finally settled into the plan of his passing the winter at Nice, as was before observed, and of retiring for the summer at Aix. Not one word was uttered of his intention of going to Kissingen the following summer; and how could he—since, in the presence of his lady and my own, I stated to him that I had just returned from that spa, and intended to go thither the following and every succeeding year? Wherefore repeat again, in 1842, the thrice-told groundless tale of my intention to settle at Harrogate?

But this is not all. Dr. Travis arrived at Kissingen with his two patients in July, 1842, as he announced in his letter from Genoa, and found me there, at which he expressed a well-represented surprise, for “he had thought me at Harrogate.” In proof of this he alleged the fact that he had written to one of the German physicians of the spa, for the purpose of placing his two travelling patients under his care, which proved, at the same time, that, as lately as 1842, Dr. Travis *did not consider himself qualified to treat his own patients with the Kissingen waters.*

I accepted the apology for being thus deprived by him, on the present occasion, of that trust which he had not hesitated to put in me in the case of a near relative of his own and other patients, and only observed in return, “Now, I trust you will not again fancy that I have given up Kissingen for Harrogate?”

Not many days after, an opportunity occurring to me of benefiting my correspondent by procuring him a lucrative professional excursion to the late lady of the then English minister at Munich, I availed myself of it, and having previously ascertained from himself, who was then living at Kissingen, totally unoccupied, that such a journey would be acceptable, I recommended him for the occasion, and my recommendation was acted upon. Accordingly, Dr. Travis went to Munich, and left his patients and the Kissingen springs to take care of themselves for the remainder of the season.

This completes that cycle of friendly acts which from first to last my correspondent has often admitted I had performed towards him; and on this occasion we establish the fact, that he who was benefited by these acts was now indisputably aware that the performer of them was permanently settled as an authorised practising physician among the English visitors at Kissingen during the season; and that, therefore, to set up in opposition to him was not the most proper mode of showing the degree of gratitude so much talked of in the preceding series of letters.

Yet this is what has happened! When I again reached my post at Kissingen in the following year, (1843,) Dr. R. A. Travis was then already attending some of the English patients I had sent thither; and on my expressing surprise to him at the circumstance, his reply was, “I have a right to do as I like, and shall not be dictated to by you”—

a reply which was followed not long after by his drawing up and going round to procure signatures to a petition for his permission to practice, as before stated.

From that moment to the present I never troubled myself or interfered with the proceedings of Dr. N. A. Travis

What then becomes of the last and fourth charge brought against the advocate of Kissingen ?

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☞ Referring to the steaming voyage from Frankfurt to Gemunden, alluded to at page 72, it is gratifying to me to have to add that by a recent arrangement the steamers will in future perform the whole distance in one day.

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☞ I have likewise to mention, from recent intelligence received after the volume was sent to press, that a chapel for the performance of divine service, according to the rites of the Greek Church, will be erected this season, by order of the Emperor of Russia, who has committed the execution of this arrangement to his Chamberlain, Count Kutusow.

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☞ At page 56 *for* Netherlands *read* Netherlander.

THE END.

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